



## Grilled Moroccan Lamb Kebabs with Grapes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper hot
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 cloves garlic minced
- ☐ 1 pound grapes green red seedless
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin

- ☐ 1.5 pounds leg of lamb fat trimmed cut into 1-inch cubes
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.8 teaspoon paprika
- ☐ 2 tablespoons flat parsley italian minced
- ☐ 1.5 teaspoons salt

## Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

## Directions

- ☐ In a large bowl, combine olive oil, lemon juice, garlic, 1 tablespoon parsley, salt, curry powder, paprika, cumin, thyme, coriander, chile flakes, and pepper.
- ☐ Add lamb and mix to coat thoroughly. Cover and chill at least 1 hour or up to 1 day.
- ☐ Thread cubes of lamb alternately with grapes onto 6 or 7 skewers (see notes).
- ☐ Lay skewers over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook, turning skewers as needed, until lamb is browned on all sides but still pink in the center (medium-rare; cut to test), 5 to 6 minutes, or just barely pink in the center (medium), 6 to 7 minutes.
- ☐ Transfer skewers to a platter and sprinkle with remaining parsley.
- ☐ Wine pairing: Juicy, spicy Zinfandel with good fruit (plums are a plus), herbs, and acid but restrained alcohol level and tannins. Best in our pairing: Ridge York Creek 2003 (Napa Valley; \$28), Mayo Ricci Vineyard 2004 (Russian River Valley, CA; \$30), and Seghesio 2004 (Sonoma County; \$20).
- ☐ Flavor bridges: A jammy Zinfandel sets off the grapes caramelized on the grill, and a spicy wine matches the exotic spices in the marinade for the lamb. Acid, again, counterbalances the grilled meat, while a reasonable alcohol level and tannins--along with good fruit--keep the spice-irritation factor in check.

## Nutrition Facts



 **PROTEIN 26.43%**  **FAT 48.1%**  **CARBS 25.47%**

Properties

Glycemic Index:33, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:14.624348039212%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 275.5kcal (13.78%), Fat: 15.06g (23.17%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 16.59g (6.03%), Sugar: 14.22g (15.8%), Cholesterol: 54.87mg (18.29%), Sodium: 756.66mg (32.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Vitamin K: 48.65µg (46.33%), Vitamin B12: 2.31µg (38.58%), Selenium: 20.6µg (29.43%), Vitamin B3: 5.62mg (28.12%), Zinc: 3.45mg (23.03%), Phosphorus: 191.92mg (19.19%), Vitamin B2: 0.29mg (17%), Iron: 2.64mg (14.66%), Vitamin E: 2.17mg (14.44%), Potassium: 463.05mg (13.23%), Vitamin B6: 0.26mg (12.84%), Vitamin B1: 0.19mg (12.82%), Copper: 0.24mg (12.17%), Magnesium: 34.64mg (8.66%), Manganese: 0.17mg (8.39%), Vitamin C: 6.73mg (8.16%), Vitamin A: 384.46IU (7.69%), Vitamin B5: 0.69mg (6.9%), Folate: 25.71µg (6.43%), Fiber: 1.35g (5.41%), Calcium: 28.79mg (2.88%)