



Grilled Tandoori-Style Lamb Skewers

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings rice with cilantro (or orzo with spinach and butter), for serving
- 3 tablespoons bottled garlic minced
- 3 seeds from cardamom pods ()
- 0.5 cup cilantro leaves chopped for garnish
- 1 teaspoon cumin powder
- 3 tablespoons indian curry powder
- 1 teaspoon garam masala
- 1 pound leg of lamb boneless trimmed cut into 1-inch cubes

- 6 servings lime wedges and a side of raita (with vegetables), for serving
- 1 teaspoon onion powder
- 2 teaspoons cracked pepper (black)
- 1 cup yogurt (plain)
- 4 to 5 scallions (cut into 1-inch pieces)
- 2 teaspoons hawaiian sea salt
- 2 tablespoons paprika (sweet)

Equipment

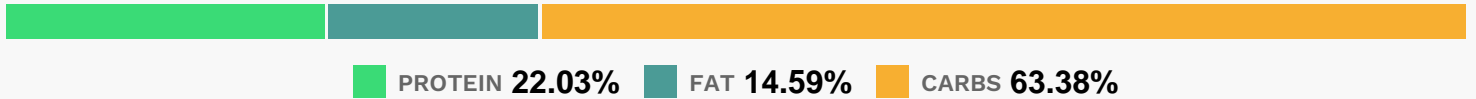
- bowl
- frying pan
- paper towels
- grill
- skewers
- glass baking pan
- metal skewers
- wooden skewers

Directions

- Watch how to make this recipe.
- Special equipment: 4 wooden skewers (soaked for 2 hours in water) or 4 metal skewers
- Heat the cumin, garam masala and cardamom in a dry pan, over low heat, until fragrant, about 1 to 2 minutes.
- Add the onion powder and garlic then transfer the mixture to a bowl.
- Add the yogurt, paprika, curry powder, cilantro, salt and pepper.
- Thread 4 cubes of lamb on each skewer, alternating with scallion pieces and leaving about 1/3 of the skewer as a handle. Arrange them in a shallow glass baking dish and pour the yogurt mixture over them, (turn to coat if needed). Allow to marinate for 1 hour to overnight, in the refrigerator.

- Brush the grill with an oiled paper towel and preheat it to medium-high. Arrange the skewers at angle for nice grill marks and grill 3 to 4 minutes per side for medium-rare, 5 to 6 minutes per side for medium.
- Transfer the skewers to a serving platter and garnish with lime wedges and cilantro.
- Serve with basmati rice with cilantro or orzo with spinach and butter and a side of raita (yogurt sauce with vegetables), if desired.

Nutrition Facts



Properties

Glycemic Index:44.7, Glycemic Load:23.56, Inflammation Score:-8, Nutrition Score:17.083478161822%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 292.95kcal (14.65%), Fat: 4.76g (7.33%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 43.14g (15.69%), Sugar: 2.61g (2.9%), Cholesterol: 35.79mg (11.93%), Sodium: 833.45mg (36.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Manganese: 1.21mg (60.29%), Selenium: 20.93µg (29.89%), Vitamin A: 1398.05IU (27.96%), Vitamin K: 26.95µg (25.66%), Vitamin B12: 1.44µg (23.95%), Phosphorus: 222.23mg (22.22%), Vitamin B3: 4.22mg (21.09%), Zinc: 3.03mg (20.23%), Iron: 3.36mg (18.65%), Vitamin B6: 0.36mg (18.12%), Vitamin B2: 0.26mg (15.18%), Fiber: 3.44g (13.74%), Copper: 0.26mg (12.84%), Potassium: 442.9mg (12.65%), Magnesium: 49.96mg (12.49%), Calcium: 117.03mg (11.7%), Vitamin B5: 1.1mg (10.99%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.15mg (10.19%), Folate: 29.87µg (7.47%), Vitamin C: 5.38mg (6.52%)