



Halloumi kebabs with thyme & lemon baste

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium zucchini
- ☐ 1 large onion red
- ☐ 250 g halloumi cheese low fat cut into 16 chunks (we used cypressa halloumi lite)
- ☐ 16 cherry tomatoes
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp juice of lemon
- ☐ 2 tsp thyme sprigs fresh (preferably lemon thyme)
- ☐ 1 tsp dijon mustard

☐ 4 servings wholewheat pita breads

Equipment

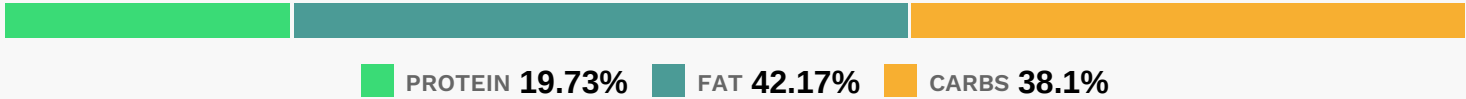
☐ grill

☐ skewers

Directions

- ☐ Halve the courgettes lengthways, then thickly slice.
- ☐ Cut the onion into wedges and separate into pieces. Thread the halloumi, cherry tomatoes, courgettes and onion onto eight skewers. Cover and chill the kebabs until you are ready to cook (You can do this up to half a day ahead.)
- ☐ To make the baste, mix together the olive oil, lemon juice, thyme, mustard and seasoning. (This can be made ahead and chilled too.)
- ☐ Preheat the barbecue or grill and arrange the kebabs on the rack.
- ☐ Brush with the baste, stirring it first to make sure the ingredients are blended. Cook for 4-5 minutes, turning often, until the cheese begins to turn golden and the vegetables are just tender.
- ☐ Serve while still hot with warm pitta bread.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:29.96, Inflammation Score:-8, Nutrition Score:13.880434849988%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 424.53kcal (21.23%), Fat: 20.03g (30.82%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 37.37g (13.59%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 1080.51mg (46.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Calcium: 705.54mg (70.55%), Vitamin C: 38.63mg (46.82%), Manganese: 0.56mg (28.13%), Vitamin B1: 0.24mg (15.67%), Potassium: 523.44mg (14.96%), Vitamin B6: 0.27mg (13.56%), Fiber: 3.35g (13.4%), Folate: 52.79µg (13.2%), Phosphorus: 120.95mg (12.09%), Vitamin A: 549.41IU (10.99%), Magnesium: 42.76mg (10.69%), Copper: 0.21mg (10.6%), Vitamin B3: 2.06mg (10.28%), Vitamin B2: 0.17mg (10.16%), Iron: 1.78mg (9.9%), Vitamin K: 8.35µg (7.96%), Vitamin E: 1.02mg (6.82%), Zinc: 0.94mg (6.3%), Vitamin B5: 0.56mg (5.59%), Selenium: 1.11µg (1.58%)