



HEALTH SCORE

56%

## Herbed Lamb, Tomato, and Zucchini Kebabs



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 24 large cherry tomatoes ()
- ☐ 1.5 tablespoons rosemary leaves fresh finely chopped
- ☐ 0.3 cup thyme leaves fresh finely chopped
- ☐ 1 large garlic clove
- ☐ 2 lb leg of lamb boneless trimmed cut into 1 1/4-inch cubes
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup olive oil

- ☐ 1.5 teaspoons salt
- ☐ 3 medium zucchini ()

## Equipment

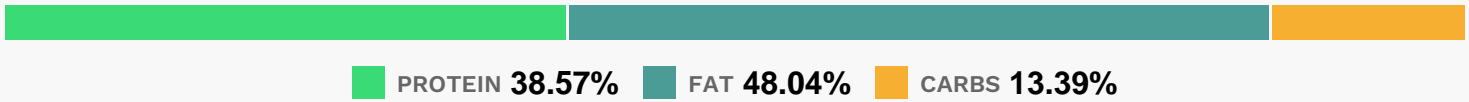
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ grill pan

## Directions

- ☐ Mince garlic and mash to a paste with salt using a large heavy knife.
- ☐ Whisk together garlic paste, lemon juice, and pepper in a large bowl, then whisk in oil, thyme, and rosemary until combined well. Put lamb in a large sealable bag, then add 3/4 cup herb marinade and seal bag, pressing out excess air. Marinate lamb, chilled, at least 6 hours or up to
- ☐ Reserve remaining marinade, covered and chilled.
- ☐ About an hour before grilling, halve zucchini lengthwise, then cut diagonally crosswise, alternating direction with each cut, to create triangle shapes. Put zucchini in another large sealable bag, then pour reserved marinade over zucchini and seal bag, pressing out excess air. Marinate zucchini at room temperature 1 hour. (Marinating zucchini any longer will result in a mushy texture.)
- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal (moderately high heat for gas); see Grilling Procedure
- ☐ While grill is heating, drain lamb, discarding marinade, then thread cubes 1/4 inch apart onto 8 skewers.
- ☐ Transfer zucchini to a bowl, reserving marinade, and thread zucchini onto 4 skewers (without lamb). Thread tomatoes onto remaining 4 skewers.

- ☐ Lightly oil grill rack and grill kebabs (covered only if using gas grill), turning occasionally, until tomatoes are softened but not falling apart, 2 to 3 minutes; zucchini is tender, 4 to 6 minutes; and lamb is medium-rare, about 6 minutes.
- ☐ Serve kebabs drizzled with reserved marinade (from zucchini).
- ☐ If you can't grill outdoors, kebabs can be cooked in batches on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat. Grill vegetables first, cooking until tomatoes are softened but not falling apart, 6 to 8 minutes, and zucchini is tender, 8 to 10 minutes.
- ☐ Transfer vegetables to a shallow baking pan as grilled and keep warm in a 200°F oven while grilling lamb until medium-rare, 6 to 8 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:27.327391375666%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

## Nutrients (% of daily need)

Calories: 331.89kcal (16.59%), Fat: 17.98g (27.67%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.35g (3.04%), Sugar: 6.61g (7.35%), Cholesterol: 91.44mg (30.48%), Sodium: 984.72mg (42.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.97%), Vitamin C: 60.37mg (73.18%), Vitamin B12: 3.86µg (64.3%), Vitamin B3: 10.19mg (50.96%), Selenium: 34.54µg (49.35%), Zinc: 6.19mg (41.23%), Phosphorus: 367.21mg (36.72%), Vitamin B2: 0.54mg (31.57%), Potassium: 1070.07mg (30.57%), Vitamin B6: 0.59mg (29.69%), Manganese: 0.57mg (28.47%), Iron: 4.54mg (25.25%), Folate: 86.69µg (21.67%), Vitamin B1: 0.31mg (20.7%), Magnesium: 81.81mg (20.45%), Vitamin A: 953.42IU (19.07%), Copper: 0.37mg (18.38%), Vitamin E: 2.65mg (17.66%), Vitamin K: 16.92µg (16.11%), Vitamin B5: 1.51mg (15.13%), Fiber: 2.93g (11.74%), Calcium: 63.32mg (6.33%)