



Indian minced lamb skewers

READY IN



35 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground lamb lean minced
- ☐ 1 onion finely chopped
- ☐ 3 tbsp curry paste (we used korma)
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 150 ml yogurt fat-free
- ☐ 2 tbsp mint leaves chopped
- ☐ 1 garlic clove crushed
- ☐ 120 g the salad
- ☐ 2 naan breads such as naan bread indian-style

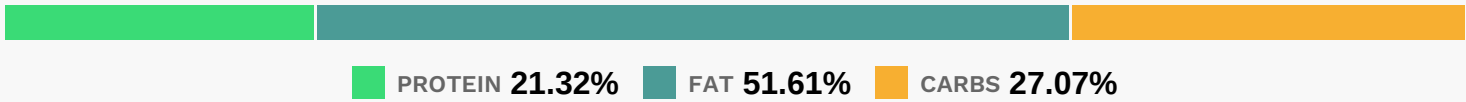
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ In a medium bowl, combine the lamb, onion, curry paste and most of the coriander with some seasoning. Press 2-3 tbsp of the lamb around skewers to form kebabs and transfer to a baking tray.
- ☐ Cook for 15-20 mins until cooked through.
- ☐ Mix yogurt, mint and garlic. Warm breads following pack instructions and serve with leaves, remaining coriander, skewers and yogurt.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:7.1256522510363%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 558.61kcal (27.93%), Fat: 31.75g (48.84%), Saturated Fat: 13.81g (86.32%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 35.46g (12.89%), Sugar: 6.96g (7.73%), Cholesterol: 96.99mg (32.33%), Sodium: 560.01mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.03%), Vitamin A: 2284.95IU

(45.7%), Calcium: 158.51mg (15.85%), Vitamin C: 11.32mg (13.72%), Iron: 2.42mg (13.47%), Phosphorus: 83.33mg (8.33%), Fiber: 2.01g (8.05%), Vitamin B2: 0.12mg (7.03%), Vitamin K: 6.4µg (6.1%), Potassium: 208.75mg (5.96%), Folate: 23.16µg (5.79%), Manganese: 0.11mg (5.6%), Vitamin B6: 0.09mg (4.54%), Vitamin B12: 0.24µg (3.95%), Magnesium: 14.78mg (3.69%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.34mg (3.37%), Vitamin B1: 0.04mg (2.92%), Selenium: 1.78µg (2.54%), Copper: 0.04mg (2.05%), Vitamin B3: 0.29mg (1.43%)