



Irish Stout and Garlic Marinated Lamb Tenderloin Skewers with Honey Dipping Sauce

READY IN



115 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup dijon mustard
- ☐ 1 tablespoon fennel seeds lightly toasted
- ☐ 1 tablespoon fennel seeds toasted
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 8 cloves garlic chopped
- ☐ 0.5 cup r honey

- ☐ 0.3 cup horseradish prepared drained
- ☐ 2 pounds lamb tenderloin cut into 1/2-inch cubes
- ☐ 1 tablespoon brown sugar light
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups stout beer such as guinness irish stout
- ☐ 0.5 cup whole-grain mustard

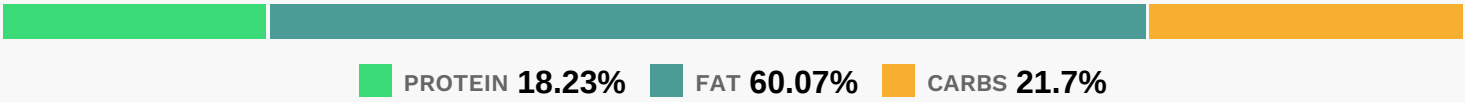
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Special equipment: 6-inch wooden skewers, soaked in water 30 minutes
- ☐ Whisk together the stout, 1/4 cup water, oil, soy sauce, fennel, sugar, thyme and garlic in a baking dish. Toss the lamb in the marinade to coat, and then cover and refrigerate at least 1 hour and up to 4 hours.
- ☐ Preheat a grill or grill pan.
- ☐ Sprinkle the lamb with salt and pepper, and then thread 2 or 3 pieces onto each skewer so that the meat lays flat.
- ☐ Grill the lamb until slightly charred and medium-rare, 2 minutes per side.
- ☐ Serve on a platter with the Honey Dipping Sauce on the side.
- ☐ Whisk together with the honey, mustards, horseradish, mint and fennel seeds. Season with salt and pepper, and then cover and refrigerate at least 30 minutes to allow the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:34.16, Glycemic Load:9.78, Inflammation Score:-8, Nutrition Score:15.206956490226%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 478.12kcal (23.91%), Fat: 31.42g (48.34%), Saturated Fat: 11.92g (74.48%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 22.96g (8.35%), Sugar: 20g (22.22%), Cholesterol: 82.78mg (27.59%), Sodium: 695.78mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.92%), Selenium: 32.77µg (46.81%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 7.32mg (36.6%), Zinc: 4.32mg (28.78%), Phosphorus: 234.74mg (23.47%), Manganese: 0.39mg (19.68%), Vitamin B2: 0.29mg (17.18%), Iron: 3.05mg (16.97%), Vitamin B1: 0.2mg (13.37%), Magnesium: 52.36mg (13.09%), Vitamin B6: 0.24mg (11.92%), Potassium: 391.53mg (11.19%), Fiber: 2.58g (10.34%), Copper: 0.19mg (9.61%), Vitamin B5: 0.9mg (8.98%), Calcium: 76.14mg (7.61%), Folate: 30.22µg (7.55%), Vitamin K: 7.36µg (7.01%), Vitamin E: 0.95mg (6.35%), Vitamin C: 5.2mg (6.3%), Vitamin A: 126.4IU (2.53%)