



Kefta Dog with Roasted Tomatoes, Ballpark Style

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 tablespoon parsley fresh packed chopped
- ☐ 4 cloves garlic grated
- ☐ 0.5 teaspoon granulated garlic powder
- ☐ 0.5 cup greek yogurt
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 tablespoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 1 pound lamb
- ☐ 0.5 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon olive oil
- ☐ 6 servings olive oil
- ☐ 4 roma tomatoes quartered
- ☐ 1 shallots minced
- ☐ 1 teaspoon paprika smoked
- ☐ 1 tablespoon tahini paste

Equipment

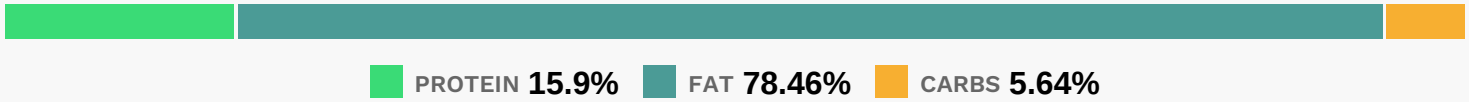
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Special equipment: 6 wooden skewers
- ☐ For the tomatoes: Preheat an oven 325 degrees F. Toss the tomatoes with the olive oil, salt and pepper.
- ☐ Spread them evenly in a roasting pan with a rack inside if possible (the rack helps allow the tomatoes to evaporate water).
- ☐ Let them roast for about 1 1/2 hours checking for hotspots in your oven (rotate the entire pan if needed).
- ☐ For the kefta dog: Preheat a grill pan.

- ☐ Combine the coriander, cumin, paprika, allspice, cayenne, garlic, shallots and some salt and pepper, and mix.
- ☐ Mix in the lamb in small pieces so the seasoning distributes evenly.
- ☐ Mold lamb into 5 1/2-inch-long hot dog shapes onto your skewers.
- ☐ Drizzle each with olive oil.
- ☐ Place on the grill pan, and cook on each side for about 4 minutes, for a total of 7 to 8 minutes.
- ☐ Add yogurt, parsley, tahini, garlic powder, lemon zest and juice into a mixing bowl and incorporate well. Season with salt and pepper.
- ☐ Serve the kefta dogs with the infused yogurt and roasted tomatoes.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:12.633043372113%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 388.47kcal (19.42%), Fat: 34.16g (52.55%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.11g (2.34%), Cholesterol: 56.02mg (18.67%), Sodium: 56.48mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.15%), Vitamin B12: 1.86µg (31.05%), Vitamin B3: 5.04mg (25.21%), Vitamin K: 26.33µg (25.08%), Selenium: 17.39µg (24.85%), Zinc: 2.98mg (19.88%), Phosphorus: 184.92mg (18.49%), Vitamin E: 2.64mg (17.57%), Vitamin B2: 0.23mg (13.5%), Vitamin A: 607.84IU (12.16%), Iron: 2.08mg (11.58%), Vitamin C: 8.91mg (10.81%), Vitamin B1: 0.16mg (10.42%), Potassium: 360.96mg (10.31%), Vitamin B6: 0.2mg (10.1%), Copper: 0.17mg (8.61%), Manganese: 0.16mg (8.2%), Magnesium: 31.77mg (7.94%), Folate: 26.89µg (6.72%), Vitamin B5: 0.62mg (6.25%), Fiber: 1.43g (5.7%), Calcium: 56.27mg (5.63%)