

Kofta Kebabs



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



28

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 bamboo skewers for 30 minutes
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 tablespoon ground cinnamon
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 pound lamb
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons onion grated

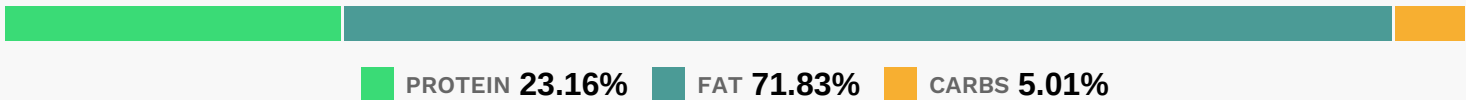
Equipment

- ☐ baking sheet
- ☐ mixing bowl
- ☐ grill
- ☐ skewers
- ☐ mortar and pestle
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board.
- ☐ Mix the garlic into the lamb along with the onion, parsley, coriander, cumin, cinnamon, allspice, cayenne pepper, ginger, and pepper in a mixing bowl until well blended. Form the mixture into 28 balls. Form each ball around the tip of a skewer, flattening into a 2 inch oval; repeat with the remaining skewers.
- ☐ Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.
- ☐ Preheat an outdoor grill for medium heat, and lightly oil grate.
- ☐ Cook the skewers on the preheated grill, turning occasionally, until the lamb has cooked to your desired degree of doneness, about 6 minutes for medium.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.1660869503799%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 48.5kcal (2.43%), Fat: 3.86g (5.94%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.08g (0.09%), Cholesterol: 11.83mg (3.94%), Sodium: 93.27mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin K: 7.72µg (7.35%), Vitamin B12: 0.37µg (6.24%), Vitamin B3: 0.99mg (4.95%), Selenium: 3.19µg (4.55%), Zinc: 0.59mg (3.91%), Phosphorus: 28.23mg (2.82%), Manganese: 0.05mg (2.72%), Iron: 0.39mg (2.16%), Vitamin B2: 0.04mg (2.15%), Vitamin B6: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.39%), Potassium: 47.8mg (1.37%), Magnesium: 4.95mg (1.24%), Copper: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.13%), Vitamin C: 0.87mg (1.05%)