



Lamb and Pepper Kebabs



Gluten Free



Dairy Free

READY IN



46 min.

SERVINGS



8

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large to 5 bell peppers red cut into 2 by 1 1/2-inch pieces
- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 tablespoons coarse salt
- ☐ 0.3 cup rosemary leaves fresh packed
- ☐ 6 large garlic cloves
- ☐ 2 pound leg of lamb boneless trimmed cut into 1 1/4-inch cubes
- ☐ 1 cup juice of lemon fresh
- ☐ 1.5 cups olive oil

- ☐ 10 inch rosemary-branch skewers
- ☐ 0.3 cup tender thyme sprigs fresh packed

Equipment

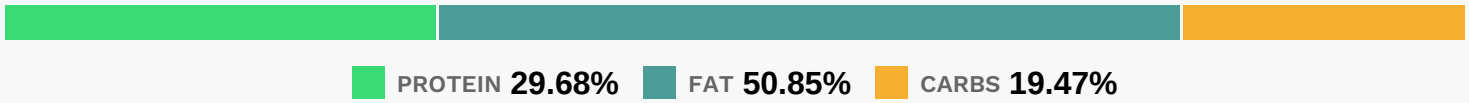
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ colander

Directions

- ☐ In a large heavy-duty plastic sealable bag combine lamb and 3/4 cup marinade and seal bag, pressing out excess air. Marinate lamb, chilled, for at least 4 hours and up to
- ☐ Blanch the bell peppers in a large saucepan of boiling water 30 seconds.
- ☐ Drain peppers in a colander and, while still hot, in a bowl stir together with 1/4 cup marinade. Marinate peppers, covered and chilled, for at least 4 hours and up to
- ☐ Prepare grill. Soak skewers in warm water 30 minutes.
- ☐ Drain lamb, discarding marinade. In a sieve set over a bowl drain peppers and reserved bell pepper marinade for basting. Thread 4 pepper pieces and 4 lamb pieces, alternating pepper with lamb, onto each skewer. Kebabs may be assembled 1 hour ahead and chilled, covered.
- ☐ Cover ends of skewers with aluminum foil so they don't burn.
- ☐ Grill kebabs on a lightly oiled rack set 5 to 6 inches over glowing coals, basting with reserved marinade and turning them occasionally, about 12 minutes total for medium-rare meat. (Alternatively, broil kebabs under a preheated broiler 2 to 3 inches from heat about 4 minutes on each side.)
- ☐ Drizzle kebabs with remaining 1/4 cup marinade.

- ☐
- Mince together garlic, thyme sprigs, and rosemary with salt and mash to a coarse paste.
- ☐
- In a bowl whisk together garlic paste and remaining ingredients until emulsified. Marinade may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:20.210434851439%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 208.19kcal (10.41%), Fat: 12.22g (18.8%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.24g (4.71%), Cholesterol: 45.72mg (15.24%), Sodium: 1358.5mg (59.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Vitamin C: 122.59mg (148.6%), Vitamin A: 2783.07IU (55.66%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 5.37mg (26.86%), Selenium: 17.37µg (24.82%), Vitamin B6: 0.47mg (23.34%), Zinc: 3.14mg (20.92%), Folate: 71.85µg (17.96%), Vitamin E: 2.67mg (17.79%), Iron: 3.09mg (17.19%), Phosphorus: 170.01mg (17%), Vitamin B2: 0.28mg (16.43%), Fiber: 3.62g (14.48%), Potassium: 468.98mg (13.4%), Manganese: 0.27mg (13.3%), Vitamin B1: 0.17mg (11.58%), Magnesium: 42.48mg (10.62%), Vitamin K: 9.1µg (8.66%), Vitamin B5: 0.84mg (8.44%), Copper: 0.15mg (7.42%), Calcium: 68.17mg (6.82%)