



Lamb Kabob with Mint Pesto



Vegetarian



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



16

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings pepper black freshly ground
- ☐ 16 small button mushrooms
- ☐ 16 cherry tomatoes
- ☐ 0.5 cup mint leaves fresh
- ☐ 4 cloves garlic minced
- ☐ 1 large bell pepper green cored seeded cut into 1-inch squares (at least 16 pieces)
- ☐ 0.3 cup honey
- ☐ 1 tablespoon honey

- ☐ 1 pinch kosher salt
- ☐ 0.5 cup juice of lemon
- ☐ 0.3 cup mint leaves minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 cup olive oil
- ☐ 0.5 small onion minced
- ☐ 1 teaspoon oregano leaves minced
- ☐ 0.3 cup parsley leaves minced
- ☐ 16 pearl onions peeled
- ☐ 1 teaspoon rosemary leaves minced
- ☐ 16 servings salt
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

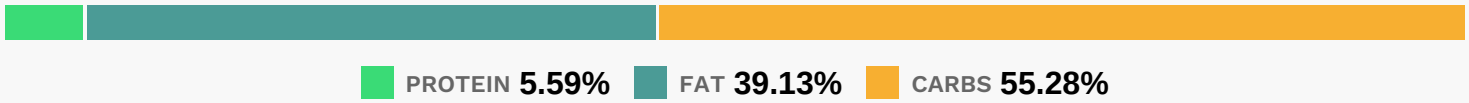
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Special equipment: 16 (8-inch skewers) *see cook's note
- ☐ In a non-reactive bowl, combine the olive oil, lemon juice, honey, garlic, onion, mint, parsley, rosemary, and oregano.
- ☐ Add the lamb and toss to coat well. Marinate in the refrigerator for at least 4 hours.
- ☐ Preheat the grill or a grill pan on high.
- ☐ On each skewer, thread a tomato, meat, onion, pepper, meat and mushroom. Repeat until you have 16 prepared skewers. Season the skewers with salt and pepper. Grill to desired doneness, about 3 to 5 minutes per side for medium to medium-rare.

- ☐
- Serve with the Mint Pesto.
- ☐
- Combine all of the ingredients except for the oil in the blender. Pulse until well pureed. With the blender running on low, slowly drizzle in the olive oil. Taste, and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:4.7995652455999%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 75.68kcal (3.78%), Fat: 3.54g (5.44%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.87g (8.75%), Cholesterol: 0mg (0%), Sodium: 202.1mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 19.86mg (24.07%), Vitamin K: 19.72µg (18.78%), Manganese: 0.14mg (7.11%), Vitamin A: 293.67IU (5.87%), Vitamin B6: 0.11mg (5.25%), Fiber: 1.27g (5.09%), Potassium: 169.05mg (4.83%), Vitamin E: 0.67mg (4.46%), Folate: 16.89µg (4.22%), Copper: 0.08mg (4.03%), Vitamin B2: 0.07mg (3.96%), Iron: 0.57mg (3.15%), Vitamin B3: 0.61mg (3.07%), Phosphorus: 29.35mg (2.93%), Vitamin B1: 0.04mg (2.74%), Magnesium: 10.21mg (2.55%), Vitamin B5: 0.25mg (2.54%), Calcium: 22.02mg (2.2%), Selenium: 1.36µg (1.94%), Zinc: 0.21mg (1.4%)