



Lamb Kabobs with Tzatziki Sauce

READY IN



113 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cucumber seeded chopped
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon rosemary leaves fresh chopped
- 1 garlic clove
- 1 teaspoon garlic powder
- 2 cups greek strained yogurt
- 1 teaspoon ground cumin
- 1.5 pounds lamb
- 2.5 teaspoons sauce red hot (recommended: Frank's)

- 1 teaspoon juice of lemon
- 6 servings oil for brushing
- 2 teaspoons onion powder
- 2 teaspoons oregano leaves fresh chopped
- 1 bag pita bread
- 6 servings salt and pepper black freshly ground
- 2 scallions finely chopped
- 6 inch wooden skewers
- 6 inch wooden skewers

Equipment

- food processor
- bowl
- grill
- skewers

Directions

- Special equipment: food processor
- Preheat grill to high. Soak skewers in water for 25 to 30 minutes.
- In a large bowl combine lamb, scallions, onion powder, oregano, rosemary, garlic powder, cumin, thyme, salt and pepper, to taste. Form meat around skewers, making an oblong sausage shape pressing and securing firmly. Refrigerate 30 minutes.
- Remove skewers from refrigerator.
- Brush grill with oil. Grill kabobs until charred on the outside and medium-rare on the inside, turning only once, about 3 minutes each side.
- Brush pita lightly with oil, and grill briefly on both sides to warm.
- Remove lamb kabobs from skewers and place 2 on each pita.
- Drizzle with Tzatziki Sauce to serve.
- Add the yogurt, cucumber, garlic, hot sauce, lemon juice and zest in a food processor and blend until smooth. Season with salt and pepper, and transfer to a bowl. Refrigerate at least 1

hour before serving.

Nutrition Facts

PROTEIN 21.2% **FAT 74.59%** **CARBS 4.21%**

Properties

Glycemic Index:36.83, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:16.124347837075%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 497.32kcal (24.87%), Fat: 40.97g (63.03%), Saturated Fat: 12.69g (79.28%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.74g (3.04%), Cholesterol: 86.11mg (28.7%), Sodium: 157.58mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.41%), Vitamin B12: 3.09µg (51.44%), Selenium: 28.31µg (40.44%), Vitamin B3: 6.99mg (34.97%), Zinc: 4.37mg (29.12%), Vitamin K: 29.94µg (28.51%), Phosphorus: 283.63mg (28.36%), Vitamin B2: 0.44mg (26.01%), Vitamin E: 2.86mg (19.07%), Iron: 2.56mg (14.25%), Potassium: 422.86mg (12.08%), Calcium: 118.4mg (11.84%), Vitamin B6: 0.23mg (11.71%), Vitamin B1: 0.16mg (10.67%), Vitamin B5: 1.04mg (10.42%), Magnesium: 39.69mg (9.92%), Folate: 33.9µg (8.47%), Copper: 0.16mg (8.23%), Manganese: 0.14mg (6.94%), Fiber: 0.82g (3.28%), Vitamin C: 2.28mg (2.76%), Vitamin A: 80.42IU (1.61%)