



Lamb Kebabs

 Gluten Free

READY IN



72 min.

SERVINGS



4

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 teaspoon madras curry powder
- 1.3 teaspoons ginger fresh grated peeled
- 1 large garlic clove grated
- 0.3 teaspoon ground cumin
- 1 pound leg of lamb boneless trimmed cut into 1-inch pieces
- 0.6 teaspoon salt divided
- 6 tablespoons whole-milk yogurt plain

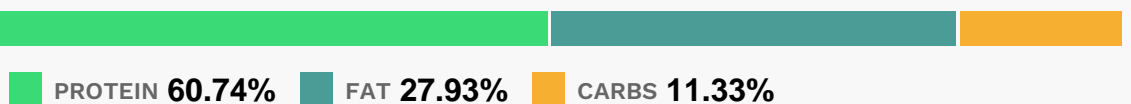
Equipment

- whisk
- grill
- ziploc bags
- skewers

Directions

- Combine yogurt, 1/8 teaspoon salt, 1/8 teaspoon pepper, and next 4 ingredients (through garlic); stir with a whisk.
- Place yogurt mixture in a large zip-top plastic bag.
- Add lamb; seal and marinate in refrigerator 45 minutes.
- Prepare grill to medium heat.
- Remove lamb from bag; discard marinade. Thread lamb evenly onto 8 (10-inch) skewers; sprinkle evenly with 3/8 teaspoon salt and remaining 1/4 teaspoon pepper.
- Place kebabs on a grill rack; grill 4 minutes for medium-rare or desired degree of doneness, turning once.
- Sprinkle evenly with remaining 1/8 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:9.1534782596256%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 112.27kcal (5.61%), Fat: 3.39g (5.21%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.34g (2.6%), Cholesterol: 46.32mg (15.44%), Sodium: 431.45mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.13%), Vitamin B12: 2.11µg (35.2%), Selenium: 18.08µg

(25.83%), Vitamin B3: 4.52mg (22.61%), Zinc: 3.07mg (20.49%), Phosphorus: 188.91mg (18.89%), Vitamin B2: 0.25mg (14.82%), Iron: 1.59mg (8.83%), Potassium: 300.25mg (8.58%), Vitamin B1: 0.12mg (7.88%), Vitamin B6: 0.15mg (7.72%), Vitamin B5: 0.71mg (7.14%), Calcium: 69.78mg (6.98%), Magnesium: 27.4mg (6.85%), Copper: 0.11mg (5.26%), Folate: 20.93µg (5.23%), Manganese: 0.08mg (3.76%), Vitamin E: 0.27mg (1.83%)