



Lamb kebabs & Greek salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 juice of lemon
- ☐ 2 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 600 g leg of lamb diced
- ☐ 4 large tomatoes chopped
- ☐ 1 cucumber chopped
- ☐ 1 large handful olives black roughly chopped
- ☐ 200 g feta cheese crumbled

☐ 1 bunch mint leaves chopped

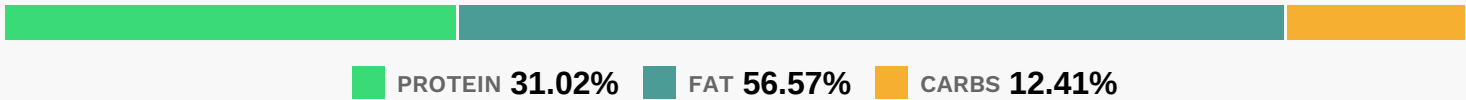
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Mix the lemon juice, olive oil and garlic in a mixing bowl.
- ☐ Pour half into a jug and set aside for later.
- ☐ Add the lamb to the bowl, stir to coat, then thread onto 8 small skewers If using wooden skewers, soak in water for at least 30 mins before use.
- ☐ Pour over any excess marinade and let stand for 10 mins.
- ☐ Meanwhile, mix all salad ingredients together, except the mint, and pour over the reserved lemon juice and oil mix.
- ☐ Heat a griddle pan. Cook the lamb for 8 mins, turning every couple of mins, until cooked through and slightly charred.
- ☐ Mix the mint through the salad and serve immediately with the kebabs.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:25.379565451456%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg
Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 366.99kcal (18.35%), Fat: 23.28g (35.82%), Saturated Fat: 9.3g (58.15%), Carbohydrates: 11.49g (3.83%),
Net Carbohydrates: 8.51g (3.09%), Sugar: 5.95g (6.61%), Cholesterol: 104.98mg (34.99%), Sodium: 717.8mg
(31.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.45%), Vitamin B12: 3.4µg (56.61%), Selenium:
29.94µg (42.77%), Vitamin B2: 0.72mg (42.12%), Phosphorus: 412.69mg (41.27%), Vitamin B3: 7.53mg (37.65%),
Vitamin A: 1843.48IU (36.87%), Zinc: 5.53mg (36.86%), Vitamin C: 29.34mg (35.56%), Calcium: 287.55mg (28.76%),
Vitamin B6: 0.57mg (28.52%), Potassium: 852.17mg (24.35%), Vitamin K: 24.97µg (23.79%), Vitamin B1: 0.3mg
(20.28%), Folate: 77.6µg (19.4%), Vitamin E: 2.51mg (16.72%), Magnesium: 65.8mg (16.45%), Manganese: 0.32mg
(16.18%), Iron: 2.83mg (15.73%), Copper: 0.31mg (15.39%), Vitamin B5: 1.52mg (15.2%), Fiber: 2.98g (11.92%), Vitamin
D: 0.2µg (1.33%)