



Lamb Kebabs with Mint Pesto

 Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons kosher salt
- 0.5 cup cilantro leaves fresh packed ()
- 1 cup mint leaves fresh packed ()
- 1 medium garlic clove peeled
- 4 large garlic clove minced
- 2 pounds leg of lamb boneless trimmed cut into 1 1/4-inch cubes
- 1 tablespoon juice of lemon fresh
- 0.5 cup olive oil extra virgin extra-virgin ()

- 1 tablespoon olive oil extra virgin extra-virgin for brushing
- 2 tablespoons parmesan cheese freshly grated
- 2 tablespoons pinenuts
- 2 large bell pepper red cut into 1-inch squares
- 1 large onion red cut into 1-inch squares

Equipment

- bowl
- baking sheet
- grill
- skewers

Directions

- Blend first 7 ingredients in processor to coarse puree. With machine running, gradually pour in 1/2 cup oil; puree until almost smooth.
- Transfer pesto to bowl. Season with salt and pepper.
- Mix 1 tablespoon oil, garlic, coarse salt, and coriander in medium bowl.
- Add lamb; toss to coat. Cover and chill at least 2 hours and up to 4 hours.
- Prepare barbecue (medium-high heat). Thread lamb on skewers alternately with peppers and onions.
- Place on baking sheet.
- Brush with oil; sprinkle with pepper. Grill to desired doneness, turning occasionally, 7 to 9 minutes for medium-rare.
- Arrange kebabs on serving platter.
- Drizzle each kebab very lightly with pesto and serve remaining pesto alongside.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:21.573913265668%

Flavonoids

Eriodictyol: 2.44mg, Eriodictyol: 2.44mg, Eriodictyol: 2.44mg, Eriodictyol: 2.44mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 235.2kcal (11.76%), Fat: 13.25g (20.39%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.29g (3.66%), Cholesterol: 62.41mg (20.8%), Sodium: 869.88mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Vitamin C: 75.85mg (91.94%), Vitamin B12: 2.59µg (43.24%), Vitamin A: 2136.31IU (42.73%), Vitamin B3: 6.8mg (34%), Selenium: 23.51µg (33.58%), Zinc: 4.23mg (28.23%), Manganese: 0.54mg (27.03%), Phosphorus: 243.24mg (24.32%), Vitamin B6: 0.39mg (19.57%), Vitamin B2: 0.33mg (19.3%), Folate: 61.72µg (15.43%), Vitamin E: 2.29mg (15.27%), Iron: 2.69mg (14.93%), Potassium: 502.81mg (14.37%), Vitamin B1: 0.2mg (13.1%), Magnesium: 50.2mg (12.55%), Vitamin K: 12.32µg (11.74%), Copper: 0.22mg (10.86%), Vitamin B5: 0.95mg (9.49%), Fiber: 2.28g (9.12%), Calcium: 53.36mg (5.34%)