



Lamb Kebabs with Mint Pesto

 Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



237 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
- ☐ 1.5 teaspoons coriander seeds with pestle

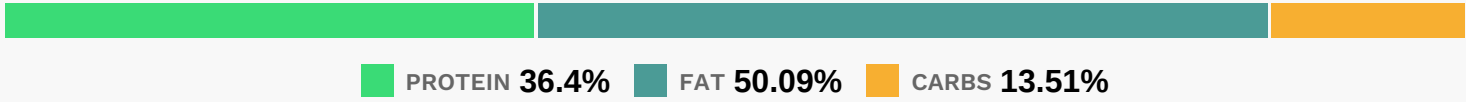
Equipment

- ☐ 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:21.742608819157%

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: 236.69kcal (11.83%), Fat: 13.34g (20.53%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.29g (3.66%), Cholesterol: 62.41mg (20.8%), Sodium: 870.05mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.63%), Vitamin C: 75.95mg (92.07%), Vitamin B12: 2.59µg (43.24%), Vitamin A: 2136.31IU (42.73%), Vitamin B3: 6.81mg (34.06%), Selenium: 23.64µg (33.77%), Zinc: 4.26mg (28.39%), Manganese: 0.55mg (27.5%), Phosphorus: 245.29mg (24.53%), Vitamin B6: 0.39mg (19.57%), Vitamin B2: 0.33mg (19.39%), Folate: 61.72µg (15.43%), Iron: 2.77mg (15.39%), Vitamin E: 2.29mg (15.27%), Potassium: 509.14mg (14.55%), Vitamin B1: 0.2mg (13.18%), Magnesium: 51.85mg (12.96%), Vitamin K: 12.32µg (11.74%), Copper: 0.22mg (11.11%), Fiber: 2.49g (9.96%), Vitamin B5: 0.95mg (9.49%), Calcium: 56.9mg (5.69%)