

Lamb on a Skewer

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 garlic cloves minced
- ☐ 2 pounds leg of lamb boneless lean
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 cups lettuce thinly sliced
- ☐ 0.3 cup low-salt chicken broth
- ☐ 6 servings yogurt-mint sauce
- ☐ 1 tablespoon olive oil
- ☐ 6 tablespoons onion chopped

- ☐ 1 tablespoon teaspoon oregano dried fresh minced
- ☐ 0.3 teaspoon pepper
- ☐ 3 6-inch pita bread rounds cut in half ()
- ☐ 1.5 cups plum tomatoes seeded chopped
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 0.3 cup white wine

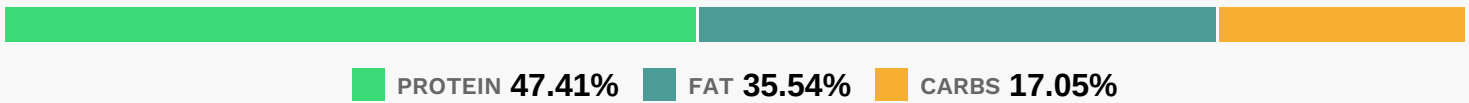
Equipment

- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Trim fat from lamb; cut lamb into 36 (1-inch) cubes.
- ☐ Combine lamb and next 10 ingredients (lamb through garlic) in a large heavy-duty zip-top plastic bag; seal bag, and marinate in refrigerator at least 8 hours.
- ☐ Remove lamb from bag, reserving marinade. Thread 6 lamb cubes onto each of 6 (10-inch) skewers.
- ☐ Place skewers on a broiler pan coated with cooking spray, and broil 10 minutes, turning occasionally and basting with reserved marinade.
- ☐ Fill each pita half with 6 lamb cubes, 1/4 cup lettuce, 1/4 cup tomato, 1 tablespoon onion, and 2 tablespoons Yogurt-Mint Sauce.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:15.492608754531%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 186.23kcal (9.31%), Fat: 7.03g (10.82%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.88g (3.2%), Cholesterol: 60.96mg (20.32%), Sodium: 169.8mg (7.38%), Alcohol: 1.37g (100%), Alcohol %: 0.75% (100%), Protein: 21.1g (42.21%), Vitamin B12: 2.59µg (43.08%), Vitamin B3: 6.64mg (33.18%), Selenium: 22.89µg (32.7%), Zinc: 3.94mg (26.25%), Phosphorus: 219.83mg (21.98%), Vitamin C: 17.78mg (21.55%), Vitamin B2: 0.28mg (16.58%), Iron: 2.79mg (15.51%), Vitamin K: 15.87µg (15.11%), Potassium: 528.4mg (15.1%), Vitamin B6: 0.29mg (14.71%), Vitamin A: 707.26IU (14.15%), Manganese: 0.28mg (13.88%), Vitamin B1: 0.18mg (12.14%), Folate: 45.62µg (11.4%), Magnesium: 43.31mg (10.83%), Copper: 0.2mg (9.95%), Vitamin B5: 0.82mg (8.25%), Fiber: 1.96g (7.84%), Vitamin E: 1.07mg (7.16%), Calcium: 49.85mg (4.98%)