



Lamb shashliks with rosemary & garlic

 Very Healthy

READY IN



80 min.

SERVINGS



14

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small leg of lamb cut into large chunks ()
- ☐ 1 juice of lemon juiced roughly chopped
- ☐ 3 tbsp olive oil
- ☐ 20 garlic clove finely chopped
- ☐ 1 handful rosemary leaves leaves picked chopped
- ☐ 3 bell pepper green cubed
- ☐ 2 onion red cut into wedges
- ☐ 14 servings flatbreads warmed

- ☐ 14 servings yogurt
- ☐ 14 servings chilli sauce
- ☐ 14 servings tomatoes chopped

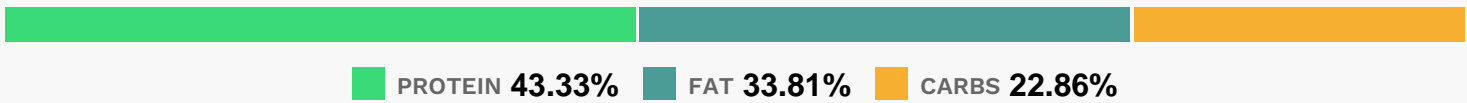
Equipment

- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Mix the lamb with the lemon and juice, oil, garlic and rosemary. Season well. Cover with cling film and leave to chill for a few hours or, if possible, overnight.
- ☐ Thread the lamb onto large metal or wooden skewers, alternating with the peppers and onions. (If using wooden skewers, soak for 20 mins before using.)
- ☐ Get your coals hot, then put the lamb skewers over the heat and cook for about 5 mins until well coloured. Turn over and cook for a further 5-10 mins until cooked to your liking and nicely charred. To test if the lamb is done, put a large skewer into the middle of the meat and press down on the flesh. If the juice that runs from it is bloody, its not cooked enough. If the juice is pink and watery, the lamb is cooked the way I like it. If the liquid is completely clear, the lamb is well done. Allow the meat to rest for a few mins before serving with flatbreads, yogurt, chilli sauce, and tomato and cucumber.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:2.65, Inflammation Score:-8, Nutrition Score:20.64695678627%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 213.13kcal (10.66%), Fat: 8.11g (12.47%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 9.3g (3.38%), Sugar: 6.66g (7.4%), Cholesterol: 65.42mg (21.81%), Sodium: 89.14mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.75%), Vitamin C: 48.51mg (58.8%), Vitamin B12: 2.76µg (45.97%), Vitamin B3: 7.63mg (38.14%), Selenium: 25.12µg (35.89%), Vitamin A: 1597.66IU (31.95%), Zinc: 4.36mg (29.04%), Phosphorus: 259.27mg (25.93%), Potassium: 812.14mg (23.2%), Vitamin B6: 0.45mg (22.54%), Manganese: 0.37mg (18.56%), Vitamin B2: 0.31mg (18.12%), Vitamin K: 18.06µg (17.2%), Vitamin B1: 0.24mg (16.27%), Iron: 2.59mg (14.39%), Folate: 57.05µg (14.26%), Copper: 0.27mg (13.7%), Magnesium: 53.54mg (13.39%), Fiber: 3.03g (12.14%), Vitamin E: 1.74mg (11.6%), Vitamin B5: 0.98mg (9.8%), Calcium: 39.79mg (3.98%)