

# Lamb Shawarma

 Gluten Free

READY IN



770 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon cayenne pepper
- 2 cloves garlic minced
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground cumin
- 0.8 teaspoon mace
- 0.1 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper black
- 5 pounds lamb shoulder boneless cut into 1/4-inch-thick strips

- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.5 cup yogurt plain
- 1 tablespoon salt
- 0.3 cup water
- 1 tablespoon distilled vinegar white

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- plastic wrap

## Directions

- Place the yogurt, water, lemon juice, vinegar, olive oil, onion, and garlic into a large mixing bowl.
- Whisk in the salt, black pepper, cumin, nutmeg, clove, mace, and cayenne pepper until evenly blended.
- Mix in the lamb strips to coat. Cover the bowl with plastic wrap, and marinate in the refrigerator 12 to 24 hours (the longer the better).
- Heat a large skillet over high heat. Cook the lamb strips in a single layer in batches until the fat melts and the meat has browned and is no longer pink on the inside, about 5 minutes, turning occasionally.

## Nutrition Facts

 **PROTEIN 55.79%**  **FAT 40.29%**  **CARBS 3.92%**

## Properties

Glycemic Index:33.13, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:19.278260732798%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 269.59kcal (13.48%), Fat: 11.71g (18.01%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.28g (1.42%), Cholesterol: 116.3mg (38.77%), Sodium: 1003.9mg (43.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.49g (72.97%), Vitamin B12: 4.83µg (80.42%), Selenium: 41.09µg (58.71%), Vitamin B3: 10.78mg (53.9%), Zinc: 7.55mg (50.35%), Phosphorus: 353.03mg (35.3%), Vitamin B2: 0.44mg (25.91%), Iron: 3.32mg (18.42%), Potassium: 568.26mg (16.24%), Vitamin B1: 0.23mg (15.22%), Vitamin B6: 0.3mg (15.17%), Vitamin B5: 1.37mg (13.69%), Magnesium: 49.51mg (12.38%), Folate: 47.08µg (11.77%), Copper: 0.23mg (11.3%), Manganese: 0.12mg (6.02%), Vitamin E: 0.75mg (4.97%), Calcium: 47.56mg (4.76%), Vitamin C: 2.74mg (3.32%), Vitamin A: 123.53IU (2.47%), Vitamin K: 1.59µg (1.52%), Fiber: 0.36g (1.46%)