



HEALTH SCORE

98%

Lamb Shish Kabobs



Gluten Free



Dairy Free



Very Healthy

READY IN



506 min.

SERVINGS



3

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 pound lamb loins boneless



0.3 cup dressing french



8 small onion whole frozen thawed drained



8 pineapple chunks



0.5 medium bell pepper green cut into 1-inch pieces



0.5 medium bell pepper red cut into 1-inch pieces



1.5 cups rice hot cooked



1 tablespoon parsley fresh chopped

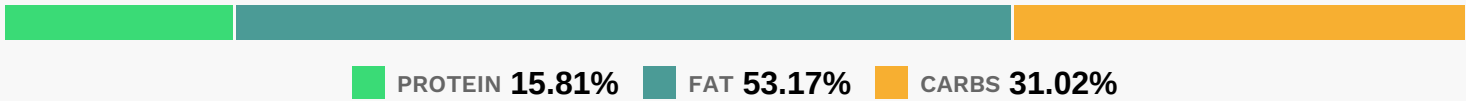
Equipment

- ☐ oven
- ☐ skewers
- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ Place lamb in shallow glass or plastic dish; pour dressing over lamb. Cover and refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Remove lamb from marinade; reserve marinade. Thread lamb, onions, pineapple and bell pepper alternately on each of four 15-inch metal skewers, leaving 1/4-inch space between each piece.
- ☐ Set oven control to broil.
- ☐ Place skewers on rack in broiler pan.
- ☐ Brush with half of the reserved marinade. Broil with tops 4 to 5 inches from heat about 6 minutes or until lamb is brown. Turn kabobs; brush with remaining marinade. Broil about 5 minutes longer or until lamb is tender.
- ☐ Serve kabobs on rice; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:28.08, Inflammation Score:-9, Nutrition Score:24.066087090451%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 38.38mg, Quercetin: 38.38mg, Quercetin: 38.38mg, Quercetin: 38.38mg

Nutrients (% of daily need)

Calories: 595.64kcal (29.78%), Fat: 35.21g (54.16%), Saturated Fat: 12.99g (81.18%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 41.4g (15.05%), Sugar: 13.28g (14.76%), Cholesterol: 82.78mg (27.59%), Sodium: 215.03mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.12%), Vitamin C: 57.17mg (69.3%), Vitamin K: 54.36µg (51.77%), Vitamin B12: 2.65µg (44.14%), Selenium: 28.21µg (40.3%), Vitamin B3: 7.65mg (38.27%), Manganese: 0.69mg (34.41%), Zinc: 4.69mg (31.26%), Phosphorus: 281.43mg (28.14%), Vitamin B6: 0.56mg (27.96%), Vitamin B2: 0.34mg (19.78%), Fiber: 4.82g (19.29%), Potassium: 661.68mg (18.91%), Vitamin A: 908.42IU (18.17%), Folate: 71.51µg (17.88%), Vitamin B1: 0.26mg (17.35%), Magnesium: 58.85mg (14.71%), Iron: 2.62mg (14.54%), Vitamin B5: 1.36mg (13.63%), Copper: 0.27mg (13.37%), Vitamin E: 1.73mg (11.56%), Calcium: 80.24mg (8.02%)