



Lamb Shish Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cherry tomatoes
- ☐ 0.3 cup cooking wine dry red
- ☐ 4 garlic cloves minced
- ☐ 1 inch bell pepper green
- ☐ 1.5 pounds boned leg of lamb lean cubed
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons mint flakes dried
- ☐ 2 teaspoons olive oil

- ☐ 1 large onion cut into 6 wedges
- ☐ 1.5 tablespoons oregano dried

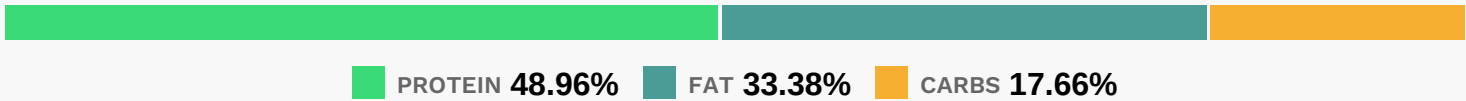
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients in a large heavy-duty, zip-top plastic bag; add lamb, and seal bag. Marinate in refrigerator 12 to 24 hours.
- ☐ Remove lamb from bag, reserving marinade.
- ☐ Place marinade in a saucepan. Bring to a boil; remove from heat. Thread lamb, pepper, tomatoes, and onion alternately onto 12 (10-inch) skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place kebabs on rack; grill, covered, 5 minutes on each side or until lamb is desired degree of doneness, turning and basting kebabs frequently with marinade.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:10.763478403506%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 134.23kcal (6.71%), Fat: 4.71g (7.24%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.83g (2.04%), Cholesterol: 45.72mg (15.24%), Sodium: 49.9mg (2.17%), Alcohol: 1.05g (100%), Alcohol %: 0.95% (100%), Protein: 15.53g (31.05%), Vitamin B12: 1.93µg (32.15%), Selenium: 17.37µg (24.82%), Vitamin B3: 4.71mg (23.53%), Zinc: 2.89mg (19.25%), Phosphorus: 157.98mg (15.8%), Iron: 2.36mg (13.13%), Vitamin B2: 0.21mg (12.1%), Vitamin C: 9.95mg (12.06%), Vitamin B6: 0.22mg (11.04%), Manganese: 0.22mg (10.8%), Potassium: 329.75mg (9.42%), Vitamin K: 9.37µg (8.93%), Vitamin B1: 0.13mg (8.57%), Magnesium: 30.45mg (7.61%), Folate: 30.31µg (7.58%), Copper: 0.14mg (6.9%), Vitamin B5: 0.61mg (6.1%), Fiber: 1.3g (5.19%), Vitamin E: 0.72mg (4.8%), Calcium: 42.42mg (4.24%), Vitamin A: 176.96IU (3.54%)