



Lamb Souvlaki with Feta-Mint Dipping Sauce

 Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings feta-mint dipping sauce
- ☐ 1.5 pints cherry tomatoes
- ☐ 0.3 cup olive oil extra virgin
- ☐ 6 inch flat wooden skewers
- ☐ 2 garlic cloves minced
- ☐ 1.5 pounds lamb loins boneless cubed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 lemons cut into wedges

- ☐ 4 servings garnish: mint leaves fresh chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 onion red cut into wedges
- ☐ 4 servings rice pilaf hot cooked
- ☐ 2 teaspoons greek seasoning

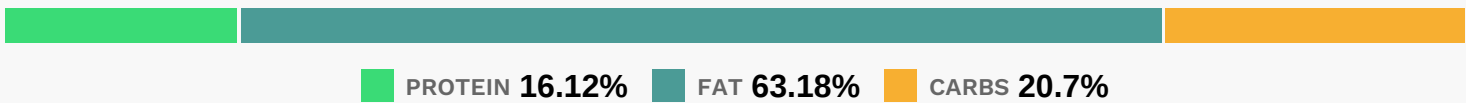
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Add lamb, stirring to coat. Marinate in refrigerator 1 to 2 hours.
- ☐ Soak skewers in water 30 minutes. Preheat grill to medium-high heat (350 to 400).
- ☐ Thread lamb, onion, tomatoes, and lemons evenly onto skewers. Grill skewers 5 minutes on each side.
- ☐ Serve with rice pilaf and Feta-Mint Dipping Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:74.63, Glycemic Load:27.53, Inflammation Score:-9, Nutrition Score:32.148261023604%

Flavonoids

Eriodictyol: 12.59mg, Eriodictyol: 12.59mg, Eriodictyol: 12.59mg, Eriodictyol: 12.59mg Hesperetin: 17.37mg, Hesperetin: 17.37mg, Hesperetin: 17.37mg, Hesperetin: 17.37mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg
Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.52mg, Quercetin:
7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 826.44kcal (41.32%), Fat: 58.66g (90.24%), Saturated Fat: 20g (125%), Carbohydrates: 43.24g (14.41%),
Net Carbohydrates: 38.19g (13.89%), Sugar: 7.83g (8.7%), Cholesterol: 124.17mg (41.39%), Sodium: 155.39mg
(6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.37%), Vitamin C: 77.87mg (94.39%),
Vitamin B12: 3.93µg (65.49%), Vitamin B3: 11.75mg (58.75%), Selenium: 39.52µg (56.46%), Zinc: 6.66mg (44.43%),
Manganese: 0.85mg (42.47%), Vitamin K: 40.51µg (38.58%), Phosphorus: 379.85mg (37.98%), Iron: 5.72mg
(31.79%), Vitamin E: 4.62mg (30.78%), Vitamin B6: 0.57mg (28.54%), Potassium: 978.59mg (27.96%), Vitamin B2:
0.45mg (26.54%), Vitamin B1: 0.32mg (21.61%), Copper: 0.43mg (21.31%), Fiber: 5.05g (20.19%), Magnesium:
79.45mg (19.86%), Folate: 79.42µg (19.85%), Vitamin A: 976.31IU (19.53%), Vitamin B5: 1.86mg (18.55%), Calcium:
132.19mg (13.22%), Vitamin D: 0.17µg (1.13%)