



## Marinated Lamb Kebabs

 **Gluten Free**

READY IN



**510 min.**

SERVINGS



**6**

CALORIES



**333 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 1 teaspoon lemon zest
- 0.3 cup olive oil good plus more for brushing grill
- 1 pound yogurt plain (regular or lowfat)
- 1 onion red
- 5 tablespoons rosemary leaves fresh whole

- 2 pounds top round lamb

## Equipment

- bowl
- plastic wrap
- grill
- skewers

## Directions

- Combine the yogurt, olive oil, lemon zest and juice, rosemary, salt, and pepper in a large, non-reactive bowl.
- Add the lamb, making sure it is covered with the marinade, cover with plastic wrap and refrigerate overnight or for up to 2 days.
- Prepare a charcoal grill with hot coals.
- Spread the coals in one tight layer on the grill.
- Cut the lamb in 1 1/2-inch cubes. You should have about 20 cubes.
- Cut the red onion in 8 pieces and separate each piece into 3 or 4 sections. Loosely thread 3 or 4 pieces of lamb onto skewers alternately with sections of onion.
- Sprinkle both sides of the lamb cubes with salt and pepper.
- Place the skewers on the hot grill and cook for 10 to 15 minutes, turning 2 or 3 times, until the lamb is medium-rare.

## Nutrition Facts

 **PROTEIN 46.27%**  **FAT 45.86%**  **CARBS 7.87%**

## Properties

Glycemic Index:13, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:20.604782695356%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## **Nutrients (% of daily need)**

Calories: 333.05kcal (16.65%), Fat: 16.7g (25.69%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.79g (2.1%), Sugar: 4.57g (5.08%), Cholesterol: 102.06mg (34.02%), Sodium: 520.62mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.82%), Selenium: 50.01µg (71.44%), Vitamin B6: 1.08mg (54.21%), Vitamin B3: 10.51mg (52.53%), Zinc: 7.41mg (49.41%), Phosphorus: 418.03mg (41.8%), Vitamin B12: 2.32µg (38.68%), Potassium: 732.43mg (20.93%), Vitamin B2: 0.34mg (19.95%), Iron: 3.25mg (18.04%), Vitamin B5: 1.37mg (13.73%), Calcium: 136.36mg (13.64%), Magnesium: 51.18mg (12.79%), Vitamin E: 1.8mg (12.01%), Vitamin B1: 0.18mg (11.83%), Copper: 0.19mg (9.26%), Folate: 33.86µg (8.47%), Vitamin C: 6.46mg (7.83%), Vitamin K: 7.73µg (7.36%), Manganese: 0.09mg (4.37%), Fiber: 0.65g (2.62%), Vitamin A: 125.63IU (2.51%)