



Moroccan Lamb Kabobs

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic finely chopped
- 5 ounces goat cheese
- 0.8 tablespoon ground pepper
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 2 pounds lamb
- 6 servings coarsely ground pepper black to taste

- 0.3 cup mayonnaise
- 1 cup raisins
- 1 onion red finely chopped
- 6 servings salt to taste

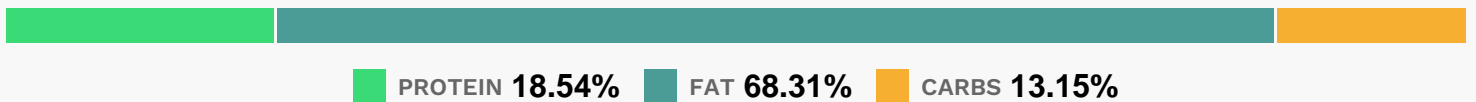
Equipment

- bowl
- grill
- skewers

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- In a medium bowl, mix together ground lamb, raisins, goat cheese, mayonnaise, red onion, garlic, cilantro, cayenne pepper, cumin, ground coriander, salt and black pepper. Divide the mixture into approximately 6 even portions, and press around skewers.
- Place skewers on the grill. Cook approximately 4 minutes per side, or until the cheese has melted, the raisins are tender and lamb has reached desired doneness.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:10.77, Inflammation Score:-5, Nutrition Score:19.370434750681%

Flavonoids

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 657.12kcal (32.86%), Fat: 50.02g (76.95%), Saturated Fat: 20.38g (127.4%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 19.4g (7.06%), Sugar: 1.14g (1.27%), Cholesterol: 126.47mg (42.16%), Sodium: 457.23mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.09%), Vitamin B12: 3.55µg (59.21%),

Vitamin B3: 9.48mg (47.39%), Selenium: 29.87µg (42.66%), Zinc: 5.51mg (36.75%), Phosphorus: 329.01mg (32.9%),
Vitamin B2: 0.47mg (27.46%), Vitamin K: 27.33µg (26.03%), Copper: 0.42mg (20.92%), Iron: 3.7mg (20.56%),
Vitamin B6: 0.35mg (17.65%), Potassium: 594.18mg (16.98%), Vitamin B1: 0.23mg (15.02%), Vitamin B5: 1.21mg
(12.06%), Magnesium: 47.31mg (11.83%), Vitamin A: 524.31U (10.49%), Manganese: 0.19mg (9.66%), Fiber: 2.26g
(9.05%), Folate: 35.69µg (8.92%), Calcium: 75.37mg (7.54%), Vitamin E: 0.95mg (6.36%), Vitamin C: 3.54mg
(4.28%), Vitamin D: 0.27µg (1.8%)