



Moroccan Lamb Kebabs with Golden Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 apricot dried whole boiling drained (preferably Mediterranean)
- ☐ 8 servings couscous
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 large garlic clove minced
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons pepper black

- ☐ 4 pounds leg of lamb boneless cut into 2-inch cubes
- ☐ 0.7 cup juice of lemon fresh
- ☐ 4 teaspoons lemon zest grated
- ☐ 0.8 cup olive oil
- ☐ 4 onion red cut into 8 chunks
- ☐ 4 teaspoons salt

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk first 9 ingredients in medium bowl to blend.
- ☐ Transfer 1/2 cup marinade to small bowl; cover, chill, and reserve as basting sauce.
- ☐ Add lamb to remaining marinade in medium bowl; toss to coat. Marinate 2 hours at room temperature or cover and refrigerate overnight.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove lamb from marinade. Thread lamb cubes onto 8 skewers, dividing equally. Thread apricots and onion chunks alternately on remaining 8 skewers.
- ☐ Brush all skewers with some of reserved 1/2 cup marinade.
- ☐ Sprinkle onion-apricot skewers with salt and pepper. Grill onion-apricot skewers until onions soften and begin to brown, occasionally turning and basting with marinade and moving skewers to cooler part of barbecue if necessary to keep apricots from burning, about 10 minutes. Grill lamb to desired doneness, turning occasionally, about 8 minutes for medium-rare.
- ☐ Mound Golden Couscous on platter. Top with skewers and serve.

Nutrition Facts



Properties

Glycemic Index:24.05, Glycemic Load:36.51, Inflammation Score:-8, Nutrition Score:26.510869648146%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 563.78kcal (28.19%), Fat: 11.34g (17.45%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 76.37g (25.46%), Net Carbohydrates: 69.33g (25.21%), Sugar: 20.01g (22.23%), Cholesterol: 91.44mg (30.48%), Sodium: 1264.74mg (54.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Vitamin B12: 3.86µg (64.3%), Vitamin B3: 12.05mg (60.23%), Selenium: 35.07µg (50.11%), Phosphorus: 430.02mg (43%), Zinc: 6.32mg (42.11%), Manganese: 0.8mg (40.17%), Potassium: 1023.76mg (29.25%), Fiber: 7.05g (28.19%), Vitamin B2: 0.46mg (26.88%), Iron: 4.69mg (26.06%), Copper: 0.49mg (24.7%), Vitamin A: 1215.31IU (24.31%), Vitamin B6: 0.47mg (23.3%), Vitamin B1: 0.35mg (23.03%), Magnesium: 87.98mg (22%), Vitamin B5: 2.09mg (20.87%), Vitamin C: 14.77mg (17.91%), Folate: 64.71µg (16.18%), Vitamin E: 2.34mg (15.62%), Calcium: 72.22mg (7.22%), Vitamin K: 4.52µg (4.31%)