



Moroccan-Spiced Lamb Kebabs

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cumin
- ☐ 1.5 teaspoons mint leaves dried fresh minced (or)
- ☐ 0.5 clove garlic minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pound lamb loins boneless cubed cut into 2-inch cubes
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper

- ☐ 0.5 cup whole-milk yogurt
- ☐ 1 onion yellow grated

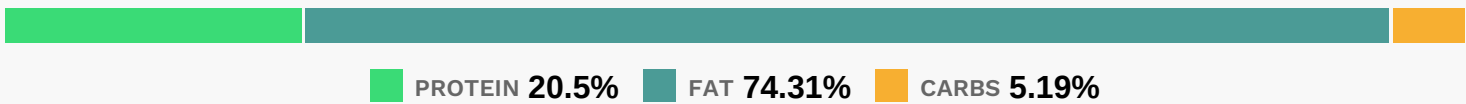
Equipment

- ☐ broiler
- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ Mix together lamb, onion, olive oil, cumin, 1 tsp. each salt and pepper, and cinnamon.
- ☐ Let stand for 15 minutes.
- ☐ Combine yogurt, mint, garlic, lemon juice, and 1/4 tsp. each salt and pepper.
- ☐ Preheat broiler to high and place rack 2 inches from heat source. Thread lamb tightly onto metal skewers.
- ☐ Place on broiler pan and broil, turning once, until well-browned but slightly pink within, about 6 minutes total for medium (cut a piece open to test). If you prefer medium-well, cook for 8 minutes; for well-done, cook for 10 minutes.
- ☐ Serve immediately, accompanied by yogurt-mint sauce.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:12.809130425039%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 411.45kcal (20.57%), Fat: 33.66g (51.79%), Saturated Fat: 12.57g (78.57%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.56g (3.95%), Cholesterol: 83.39mg (27.8%), Sodium: 285.83mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.79%), Vitamin B12: 2.81µg (46.77%), Vitamin B3: 6.84mg (34.2%), Selenium: 22.62µg (32.32%), Zinc: 4.22mg (28.17%), Phosphorus: 235.5mg (23.55%), Vitamin B2: 0.32mg (18.73%), Iron: 1.99mg (11.04%), Potassium: 375.88mg (10.74%), Vitamin B1: 0.15mg (10.27%), Vitamin B6: 0.2mg (10.13%), Vitamin B5: 0.97mg (9.72%), Calcium: 88.86mg (8.89%), Vitamin E: 1.25mg (8.33%), Magnesium: 33.12mg (8.28%), Vitamin K: 8.52µg (8.11%), Folate: 29.64µg (7.41%), Copper: 0.13mg (6.65%), Manganese: 0.09mg (4.6%), Vitamin C: 2.94mg (3.56%), Fiber: 0.56g (2.25%)