

What She Ate

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health-score 51%

HEALTH SCORE

North African Lamb and Potato Kebabs

☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground turmeric
- ☐ 2 pound leg of lamb boneless trimmed cut into 48 cubes
- ☐ 2 teaspoons olive oil

- ☐ 2 large onions cut into 12 wedges
- ☐ 1 teaspoon oregano dried
- ☐ 12 small potatoes red halved
- ☐ 1 teaspoon salt

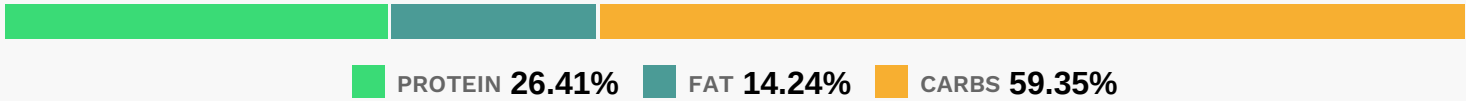
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Place potatoes in a large saucepan, and cover with water; bring to a boil. Reduce heat; simmer 12 minutes or until tender.
- ☐ Drain and set aside.
- ☐ Combine cumin and next 8 ingredients (cumin through garlic); add lamb, tossing to coat. Cover and refrigerate 20 minutes.
- ☐ Thread 4 lamb pieces, 2 potato halves, and 2 onion pieces alternately onto each of 12 (12-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 4 minutes on each side or until lamb reaches desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:20.07173928748%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 301.05kcal (15.05%), Fat: 4.84g (7.45%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 40.04g (14.56%), Sugar: 4.94g (5.49%), Cholesterol: 45.72mg (15.24%), Sodium: 384.17mg (16.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.39%), Potassium: 1453.08mg (41.52%), Vitamin B3: 7.52mg (37.59%), Vitamin B12: 1.93µg (32.15%), Vitamin B6: 0.63mg (31.31%), Manganese: 0.63mg (31.28%), Phosphorus: 311.34mg (31.13%), Vitamin C: 25.19mg (30.53%), Selenium: 18.62µg (26.6%), Zinc: 3.73mg (24.85%), Copper: 0.46mg (23.06%), Iron: 4.02mg (22.36%), Vitamin B1: 0.33mg (22.12%), Fiber: 5.35g (21.38%), Magnesium: 84.02mg (21.01%), Folate: 70.3µg (17.58%), Vitamin B2: 0.27mg (16.11%), Vitamin B5: 1.28mg (12.83%), Vitamin K: 9.88µg (9.41%), Calcium: 53.81mg (5.38%), Vitamin E: 0.42mg (2.79%)