



Orange- and Lime-Marinated Lamb Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chipotle sauce canned chopped
- ☐ 3 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons pepper black
- ☐ 3.5 pound leg of lamb boneless trimmed cut into 1 1/4- to 1 1/2-inch cubes
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 0.5 cup olive oil

- ☐ 0.8 cup orange juice
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 3 pepper flakes fresh seeded cut into 1-inch pieces
- ☐ 1 onion red cut into 1-inch pieces
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Place lamb cubes in large resealable plastic bag.
- ☐ Whisk orange juice and next 10 ingredients in medium bowl to blend.
- ☐ Pour over lamb in plastic bag. Seal bag and refrigerate overnight, turning occasionally.
- ☐ Drain lamb.
- ☐ Prepare barbecue (medium-high heat). Alternate 4 lamb cubes, 4 onion pieces, and 4 chili pieces on each skewer. Grill lamb to desired doneness, turning frequently, about 9 minutes for medium-rare.
- ☐ Place skewers on platter and serve.
- ☐ *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.
- ☐ **Fresh green chilies, often called pasillas; available at Latin American markets and some supermarkets.

Nutrition Facts



 **PROTEIN 49.14%**  **FAT 34.97%**  **CARBS 15.89%**

Properties

Glycemic Index:40.5, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:24.708695847055%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 4.9mg, Hesperetin: 4.9mg, Hesperetin: 4.9mg, Hesperetin: 4.9mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 300.72kcal (15.04%), Fat: 11.63g (17.9%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 9.72g (3.53%), Sugar: 6.01g (6.68%), Cholesterol: 106.68mg (35.56%), Sodium: 1038.1mg (45.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.56%), Vitamin B12: 4.5µg (75.01%), Vitamin C: 52.95mg (64.18%), Selenium: 39.82µg (56.88%), Vitamin B3: 11.3mg (56.48%), Zinc: 6.64mg (44.25%), Phosphorus: 363.99mg (36.4%), Vitamin B2: 0.48mg (28.01%), Iron: 4.47mg (24.84%), Vitamin B6: 0.49mg (24.36%), Potassium: 713.35mg (20.38%), Vitamin B1: 0.3mg (20.25%), Manganese: 0.34mg (16.75%), Magnesium: 66.35mg (16.59%), Folate: 61.3µg (15.32%), Copper: 0.3mg (15.04%), Vitamin B5: 1.4mg (14.03%), Vitamin K: 11.82µg (11.26%), Fiber: 2.18g (8.7%), Vitamin E: 1.26mg (8.42%), Vitamin A: 308.36IU (6.17%), Calcium: 49.8mg (4.98%)