



Persian Street Vendor Kebabs

READY IN



45 min.

SERVINGS



10

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 10 tablespoon breadcrumbs dry
- 2 large eggs lightly beaten
- 0.5 cup yogurt plain fat-free greek-style
- 2 teaspoons cilantro leaves fresh chopped
- 3 garlic clove minced
- 1.5 pounds lamb
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon sumac powder

- 1.5 pounds pd of ground turkey
- 1 teaspoon turmeric
- 1 teaspoon honey
- 1.5 teaspoons kosher salt
- 1 teaspoon juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup onion grated (2 medium)
- 0.5 teaspoon paprika
- 0.1 teaspoon saffron threads

Equipment

- bowl
- frying pan
- sieve
- grill
- skewers

Directions

- Place grated onion in a sieve over a large bowl for 30 minutes, pressing occasionally to squeeze out excess liquid. Discard liquid.
- Prepare grill to medium-high heat.
- Combine onion, breadcrumbs, and next 8 ingredients (through lamb) in a large bowl; stir until well blended. Divide meat mixture into 40 equal portions, shaping each into a 3 x 1 inch rectangle. Thread 4 pieces onto each of 10 (12-inch) skewers.
- Heat a small skillet over medium heat.
- Add saffron to pan; cook for 30 seconds or until fragrant, stirring constantly. Crush saffron in a small bowl; stir in oil.
- Place kebabs on a grill rack coated with cooking spray; grill 8 minutes or until done, turning after 5 minutes.
- Place kebabs on a platter.

- Brush oil mixture evenly over kebabs.
- Sprinkle kebabs evenly with sumac.
- Combine yogurt and remaining ingredients in a small bowl; stir until well blended.
- Serve kebabs with yogurt sauce.

Nutrition Facts

■ **PROTEIN 34.14%**
■ **FAT 53.77%**
■ **CARBS 12.09%**

Properties

Glycemic Index:29.53, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:16.519130696421%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 365.04kcal (18.25%), Fat: 21.62g (33.27%), Saturated Fat: 8.12g (50.74%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.06g (3.66%), Sugar: 2.89g (3.21%), Cholesterol: 124.53mg (41.51%), Sodium: 521.58mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin B3: 11.4mg (56.99%), Selenium: 34.1µg (48.72%), Vitamin B6: 0.74mg (37.24%), Vitamin B12: 2.12µg (35.29%), Phosphorus: 324.14mg (32.41%), Zinc: 3.97mg (26.45%), Vitamin B2: 0.34mg (19.82%), Vitamin B1: 0.23mg (15.59%), Vitamin B5: 1.36mg (13.6%), Iron: 2.44mg (13.58%), Potassium: 454.96mg (13%), Magnesium: 44.68mg (11.17%), Manganese: 0.19mg (9.66%), Folate: 37.94µg (9.49%), Copper: 0.16mg (7.85%), Calcium: 68.36mg (6.84%), Vitamin K: 5.45µg (5.19%), Vitamin E: 0.75mg (5%), Vitamin D: 0.54µg (3.6%), Fiber: 0.88g (3.52%), Vitamin A: 134.4IU (2.69%), Vitamin C: 1.85mg (2.24%)