



Quick Lamb Kofta with Harissa Yogurt Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 0.5 teaspoon pepper red crushed
- 2 tablespoons cilantro leaves fresh minced
- 2 tablespoons green onions thinly sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3.5 ounce boil-in-bag jasmine rice

- 1 pound lamb lean
- 2 tablespoons onion fresh grated
- 0.5 cup yogurt plain 2% greek-style
- 2 tablespoons yogurt plain 2% greek-style
- 0.3 cup bottled roasted bell pepper red chopped
- 1 teaspoon saffron threads
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 teaspoon turmeric

Equipment

- frying pan

Directions

- To prepare rice, cook boil-in-bag jasmine rice and saffron in boiling water according to package directions.
- Drain; fluff rice with a fork.
- Sprinkle with green onions.
- While rice cooks, prepare kofta.
- Combine cilantro and next 9 ingredients (through lamb); shape into 12 oblong patties.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add patties to pan; cook 10 minutes or until done, turning occasionally to brown on all sides.
- While kofta cooks, prepare sauce.
- Combine 1/2 cup yogurt and remaining ingredients.
- Serve sauce with kofta and rice.

Nutrition Facts

 PROTEIN 22.14%  FAT 54.35%  CARBS 23.51%

Properties

Glycemic Index:83.05, Glycemic Load:12.72, Inflammation Score:-10, Nutrition Score:5.7404347567455%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 419.02kcal (20.95%), Fat: 25.31g (38.94%), Saturated Fat: 12.2g (76.24%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.49g (8.54%), Sugar: 2.28g (2.53%), Cholesterol: 88.06mg (29.35%), Sodium: 669.62mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.39%), Manganese: 0.43mg (21.66%), Iron: 2.67mg (14.84%), Calcium: 88.66mg (8.87%), Phosphorus: 82.24mg (8.22%), Vitamin C: 6.33mg (7.68%), Selenium: 5.3µg (7.58%), Vitamin K: 7.56µg (7.2%), Vitamin B6: 0.13mg (6.27%), Vitamin B2: 0.09mg (5.07%), Copper: 0.1mg (4.94%), Potassium: 165.87mg (4.74%), Magnesium: 18.92mg (4.73%), Fiber: 1.14g (4.54%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.66mg (4.39%), Vitamin A: 210.74IU (4.21%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.61mg (3.03%), Vitamin B12: 0.15µg (2.51%), Folate: 9.66µg (2.41%), Vitamin E: 0.2mg (1.37%)