



Salmon Kefta Kebabs

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bamboo skewers for 30 minutes
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 2 teaspoons ginger fresh finely chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 2 teaspoons lemongrass finely chopped
- ☐ 1 pound tail meat
- ☐ 6 servings olive oil for brushing
- ☐ 0.5 teaspoon salt

☐ 6 servings yogurt dip plain prepared for serving

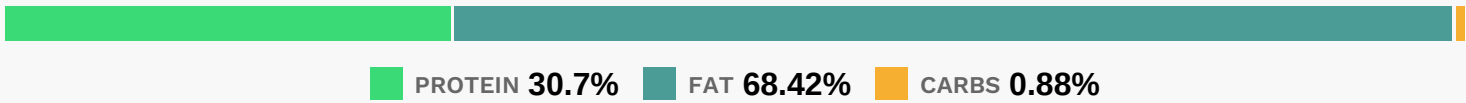
Equipment

- ☐ food processor
- ☐ knife
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to medium-low heat.
- ☐ Chop the salmon meat by using a knife or a food processor, being careful not to pulverize the meat.
- ☐ Mix the salmon meat with cilantro, ginger, lemongrass, garlic and salt. Form little patties directly onto the skewers using your hands. Make sure the patties are firmly attached to the skewers before putting them onto the grill.
- ☐ Brush the grill with olive oil. Grill the skewers until salmon is just cooked through, about 2 to 3 minutes per side.
- ☐ Remove the kebabs from the grill and serve immediately with plain yogurt or favorite yogurt dip.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:8.2708693665007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 16.01g (24.62%), Saturated Fat: 2.38g (14.91%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.09g (0.1%), Cholesterol: 48.51mg (16.17%), Sodium: 282.57mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.32%), Vitamin B3: 7.9mg (39.51%), Selenium: 24.3µg (34.71%), Vitamin B6: 0.58mg (28.8%), Phosphorus: 161.43mg (16.14%), Vitamin E: 2.17mg (14.49%), Vitamin B5: 1.09mg (10.88%), Vitamin K: 9µg (8.57%), Potassium: 290.39mg (8.3%), Magnesium: 20.48mg (5.12%), Vitamin B2: 0.08mg (4.64%), Vitamin B1: 0.05mg (3.37%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.15µg (2.58%), Iron: 0.41mg (2.26%), Manganese: 0.04mg (2.09%), Vitamin C: 1.16mg (1.41%), Copper: 0.03mg (1.32%)