



HEALTH SCORE

63%

Shish Kabob with Yogurt Sauce and Lemon-Olive Couscous



Very Healthy

READY IN



78 min.

SERVINGS



4

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups chicken stock see
- ☐ 1.5 cups couscous
- ☐ 2 cloves garlic minced grated peeled
- ☐ 2 bell peppers green seeded cut into bite-sized pieces
- ☐ 1 cup olives green pitted chopped
- ☐ 2 tablespoons grill seasoning recommended: Montreal Steak Seasoning by McCormick

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon ground turmeric
- ☐ 2 pounds leg of lamb boneless cut into 1 1/2-inch cubes
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup mint leaves finely chopped
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 large onion cut into bite-sized pieces
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parsley leaves finely chopped
- ☐ 0.3 cup pinenuts
- ☐ 4 servings wholewheat pita breads toasted for serving
- ☐ 2 cups greek yogurt plain
- ☐ 4 servings salt and pepper black freshly ground

Equipment

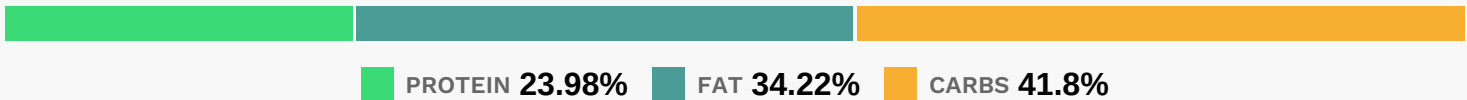
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ grill pan
- ☐ metal skewers

Directions

- ☐ Special equipment: metal skewers

- ☐ Preheat grill or grill pan to medium-high or broiler with oven rack set on second level from the top of oven.
- ☐ Combine 1/4 cup olive oil, just eyeball the amount, with spices and grill seasoning in a shallow bowl or dish.
- ☐ Add lamb to seasonings and coat evenly in the mixture. Skewer the meat on metal skewers and let sit for 10 minutes. Cook on a hot grill or under the broiler for 7 to 8 minutes for medium-rare.
- ☐ Thread the onions and peppers onto skewers, drizzle with oil and sprinkle with salt and pepper.
- ☐ Place on grill or under the broiler for 12 to 15 minutes or until tender.
- ☐ Combine yogurt with garlic, mint and parsley.
- ☐ In a sauce pot toast pine nuts over medium heat, remove and reserve.
- ☐ Add butter, zest of lemon, and chicken stock to pot and bring to a boil. Stir couscous and olives, cover the pot and remove from heat.
- ☐ Let the couscous stand 5 minutes. Fluff couscous with a fork and toss in the pine nuts.
- ☐ Stir the lemon juice into yogurt to thin.
- ☐ Serve meat and vegetables with dipping sauce, couscous and toasted pita alongside.

Nutrition Facts



Properties

Glycemic Index:90.75, Glycemic Load:60.82, Inflammation Score:-10, Nutrition Score:46.785217616869%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin: 8.25mg Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 981.41kcal (49.07%), Fat: 37.37g (57.49%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 102.71g (34.24%), Net Carbohydrates: 92.97g (33.81%), Sugar: 8.48g (9.43%), Cholesterol: 106.67mg (35.56%), Sodium: 1120.31mg (48.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.93g (117.85%), Manganese: 2.18mg (108.79%), Vitamin K: 99.42µg (94.69%), Vitamin B12: 4.56µg (76.06%), Vitamin B3: 15.17mg (75.83%), Vitamin C: 60.24mg (73.02%), Phosphorus: 702.62mg (70.26%), Selenium: 46.93µg (67.05%), Zinc: 8.23mg (54.9%), Vitamin B2: 0.9mg (53.09%), Iron: 8.59mg (47.73%), Vitamin B1: 0.63mg (41.92%), Copper: 0.78mg (39.22%), Fiber: 9.74g (38.95%), Magnesium: 154.81mg (38.7%), Vitamin B6: 0.75mg (37.37%), Potassium: 1202.14mg (34.35%), Vitamin E: 4.94mg (32.93%), Calcium: 294.07mg (29.41%), Vitamin B5: 2.58mg (25.77%), Folate: 101.79µg (25.45%), Vitamin A: 967.89IU (19.36%)