



 **61%**  
HEALTH SCORE

## Shish Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**375 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pint cherry tomatoes
- 10 servings rice hot cooked
- 0.5 pound mushrooms fresh
- 2 tablespoons parsley fresh chopped
- 6 cloves garlic minced
- 4 medium size pasilla peppers green seeded cut into 1 1/2-inch pieces
- 5 pound leg of lamb boneless cut into 1 1/2-inch cubes
- 2 tablespoons juice of lemon

- 0.5 cup olive oil
- 1 large onion chopped
- 1 teaspoon oregano dried whole
- 10 ounce pearl onions
- 0.5 teaspoon pepper
- 1 cup port sweet
- 1 teaspoon salt
- 2 teaspoons sugar
- 0.5 cup vinegar

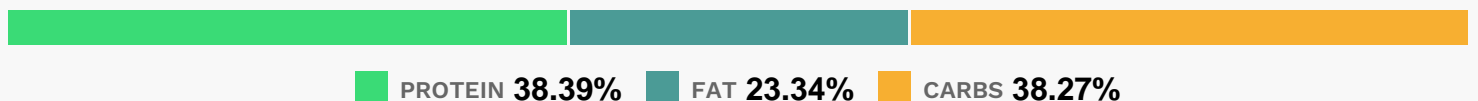
## Equipment

- grill
- skewers

## Directions

- Remove excess fat and fell (tissue- like covering) from lamb.
- Combine next 11 ingredients in a large shallow container.
- Add lamb; cover and marinate in refrigerator overnight.
- Remove lamb from marinade; discard marinade. Alternate cubes of lamb with green pepper, mushrooms, pearl onions, and tomatoes on skewers.
- Place kabobs on grill about 5 inches from medium coals. Grill 15 to 20 minutes, turning frequently.
- Serve over hot cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:43.91, Glycemic Load:25.96, Inflammation Score:-8, Nutrition Score:26.327391077643%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 375.24kcal (18.76%), Fat: 9.12g (14.02%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 31.03g (11.28%), Sugar: 5.71g (6.34%), Cholesterol: 91.44mg (30.48%), Sodium: 333.55mg (14.5%), Alcohol: 2.54g (100%), Alcohol %: 0.74% (100%), Protein: 33.73g (67.46%), Vitamin C: 55.53mg (67.31%), Vitamin B12: 3.87µg (64.45%), Selenium: 42.46µg (60.65%), Vitamin B3: 10.66mg (53.28%), Zinc: 6.27mg (41.78%), Phosphorus: 374.52mg (37.45%), Manganese: 0.68mg (33.77%), Vitamin B2: 0.51mg (29.77%), Vitamin B6: 0.58mg (28.82%), Potassium: 811.85mg (23.2%), Iron: 3.74mg (20.78%), Vitamin B1: 0.31mg (20.33%), Copper: 0.4mg (20.19%), Vitamin K: 20.97µg (19.98%), Vitamin B5: 1.87mg (18.66%), Magnesium: 68.21mg (17.05%), Folate: 60.84µg (15.21%), Fiber: 2.6g (10.41%), Vitamin A: 480.53IU (9.61%), Vitamin E: 1.16mg (7.72%), Calcium: 48.13mg (4.81%)