



Shish Kebabs with Onions and Pomegranate Molasses



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons pomegranate molasses divided
- ☐ 2 pounds leg of lamb
- ☐ 0.5 cup onion fresh grated
- ☐ 1 onion separated quartered
- ☐ 0.5 teaspoon salt

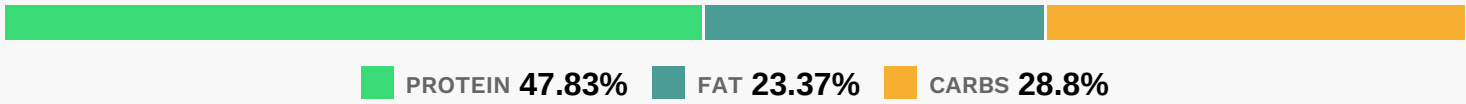
Equipment

- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Trim fat from lamb.
- ☐ Cut lamb into 60 (3/4-inch) pieces.
- ☐ Combine lamb, 3 tablespoons molasses, grated onion, salt, and pepper in a large zip-top plastic bag; seal. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove lamb from bag; discard marinade.
- ☐ Thread 4 lamb cubes and 4 onion pieces alternately onto each of 15 (6-inch) skewers.
- ☐ Preheat broiler.
- ☐ Place kebabs on a broiler pan; broil 3 minutes on each side or until desired degree of doneness.
- ☐ Pour 3 tablespoons molasses evenly over kebabs.
- ☐ Garnish with lemon and oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:4.2217390946234%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 69.92kcal (3.5%), Fat: 1.73g (2.66%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.58g (1.67%), Sugar: 3.34g (3.71%), Cholesterol: 24.39mg (8.13%), Sodium: 101.65mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin B12: 1.03µg (17.15%), Selenium: 9.02µg

(12.88%), Vitamin B3: 2.39mg (11.94%), Zinc: 1.49mg (9.9%), Phosphorus: 77.26mg (7.73%), Vitamin B2: 0.1mg (5.81%), Iron: 0.72mg (4.02%), Vitamin B6: 0.08mg (4%), Vitamin B1: 0.06mg (3.95%), Potassium: 129.07mg (3.69%), Magnesium: 11.61mg (2.9%), Vitamin B5: 0.29mg (2.9%), Folate: 11.18µg (2.79%), Copper: 0.05mg (2.67%), Manganese: 0.03mg (1.5%), Vitamin C: 0.94mg (1.14%)