



Skewered Lamb with Almond-Mint Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



26

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup basil fresh chopped
- ☐ 1.3 cups mint leaves fresh chopped
- ☐ 1 large garlic clove
- ☐ 2 pounds leg of lamb boneless fat trimmed cut into 4x1x1/4-inch strips
- ☐ 26 servings olive oil
- ☐ 0.8 ounce parmesan cheese freshly grated
- ☐ 1 ounce slivered almonds

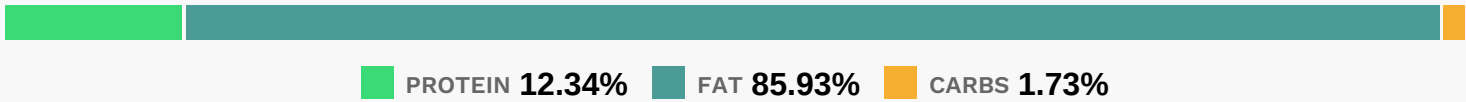
Equipment

- ☐ baking sheet
- ☐ broiler
- ☐ skewers

Directions

- ☐ Finely chop almonds, cheese and garlic in processor.
- ☐ Add 1/3 cup oil and process to form paste.
- ☐ Add mint and basil and process until well blended and smooth.
- ☐ Mix in more oil if necessary to loosen mixture. Season pesto with salt and pepper.
- ☐ Thread 1 strip of lamb onto each skewer. Arrange in single layer on baking sheet. Lightly brush lamb with oil.
- ☐ Sprinkle with salt and pepper. (Can be prepared 1 day ahead. Top pesto with 1/4-inch-thick layer of olive oil. Cover pesto and lamb separately and refrigerate. Spoon off oil from top of pesto before serving.) Preheat broiler. Broil lamb just until cooked through, about 2 minutes per side.
- ☐ Transfer to platter.
- ☐ Serve with pesto.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.267826076354%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 163.5kcal (8.17%), Fat: 15.79g (24.29%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.05g (0.06%), Cholesterol: 14.78mg (4.93%), Sodium: 28.95mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin E: 2.35mg (15.69%), Vitamin K: 11.32µg (10.78%), Vitamin B12: 0.6µg (10.08%), Selenium: 5.52µg (7.88%), Vitamin B3: 1.45mg (7.27%), Zinc: 0.94mg (6.3%), Phosphorus: 55mg (5.5%), Vitamin B2: 0.08mg (4.51%), Iron: 0.66mg (3.65%), Manganese: 0.07mg (3.31%), Magnesium: 11.37mg (2.84%), Vitamin A: 135.52IU (2.71%), Potassium: 87.98mg (2.51%), Copper: 0.05mg (2.47%), Vitamin B1: 0.04mg (2.36%), Vitamin B6: 0.04mg (2.24%), Folate: 8.53µg (2.13%), Calcium: 18.31mg (1.83%), Vitamin B5: 0.18mg (1.75%), Fiber: 0.32g (1.29%), Vitamin C: 0.85mg (1.03%)