



## Skewered Lamb with Spicy Pomegranate-Rioja Red Wine Vinaigrette and Mint-Almond Relish

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds lightly toasted finely chopped
- 1 teaspoon peppercorns whole black
- 1 cup canola oil
- 2 tablespoons dijon mustard
- 0.3 cup mint leaves fresh packed finely chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons rosemary leaves fresh

- 2 sprigs thyme leaves fresh
- 2 tablespoons thyme leaves fresh
- 1 head garlic separated peeled coarsely chopped
- 1 tablespoon r honey
- 4 servings kosher salt and pepper black freshly ground
- 1 pound lamb loin fillet cut into 1-inch pieces
- 1.5 cups pomegranate juice
- 2 tablespoons aged sherry vinegar
- 1.5 cups rioja red wine

## Equipment

- bowl
- sauce pan
- whisk
- skewers

## Directions

- Special equipment: 6-inch skewers, soaked in water for at least 1 hour
- Combine the oil, garlic, parsley, rosemary and thyme in a bowl.
- Add the lamb, cover and refrigerate for at least 2 hours and up to 24 hours. The longer the refrigeration time, the better.
- Combine the pomegranate juice, wine, peppercorns, thyme and 1 tablespoon honey in a small saucepan. Cook over high heat until the syrup is reduced to 1 cup.
- Remove the syrup from the heat and cool.
- Remove the thyme and peppercorns with a spoon.
- Whisk the remaining 1 tablespoon honey, mustard and vinegar in a bowl.
- Whisk in 1/2 cup of the red wine syrup. Cover and refrigerate the remaining syrup to keep up to 1 month.

## Nutrition Facts



■ PROTEIN 25.97% ■ FAT 50.74% ■ CARBS 23.29%

## Properties

Glycemic Index:73.82, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:22.976087114085%

## Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 2.57mg, Delphinidin: 2.57mg, Delphinidin: 2.57mg, Delphinidin: 2.57mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.54mg, Catechin: 6.54mg, Catechin: 6.54mg, Catechin: 6.54mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 473.53kcal (23.68%), Fat: 23.16g (35.63%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 20.99g (7.63%), Sugar: 17.16g (19.07%), Cholesterol: 74.84mg (24.95%), Sodium: 176.06mg (7.65%), Alcohol: 9.54g (100%), Alcohol %: 3.07% (100%), Protein: 26.67g (53.35%), Vitamin K: 53.29µg (50.75%), Manganese: 0.9mg (44.79%), Selenium: 30.26µg (43.23%), Vitamin B12: 2.51µg (41.77%), Vitamin B3: 8.35mg (41.74%), Vitamin E: 4.89mg (32.63%), Phosphorus: 308.6mg (30.86%), Zinc: 4.32mg (28.82%), Vitamin B2: 0.44mg (26.12%), Iron: 4.36mg (24.21%), Potassium: 786.14mg (22.46%), Magnesium: 89.35mg (22.34%), Copper: 0.33mg (16.46%), Vitamin B6: 0.33mg (16.36%), Folate: 64.49µg (16.12%), Vitamin B1: 0.21mg (13.76%), Vitamin C: 10.36mg (12.56%), Fiber: 2.92g (11.7%), Vitamin B5: 1.17mg (11.69%), Vitamin A: 521.41IU (10.43%), Calcium: 96.47mg (9.65%)