



So Amazing Armenian Lula Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 0.3 cup flat parsley plus more for garnish finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 3 pounds lamb
- ☐ 0.5 juice of lemon

- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon paprika
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups onion yellow very finely chopped

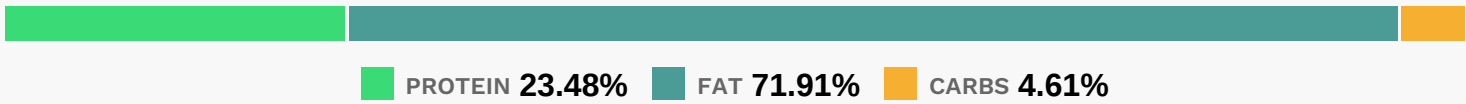
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Line a baking sheet with parchment. Using your hands, mix all ingredients together in a large bowl just until combined (overmixing may toughen the meat).
- ☐ Gently squeeze meat around 10-in. metal skewers to form log-shaped kebabs, each about 8 in. long. Put kebabs on baking sheet. Cover sheet with plastic wrap and, if you have time, chill 30 minutes to let flavors meld and firm up meat.
- ☐ Prepare a gas or charcoal grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds) and grill kebabs, turning twice, until grill marks appear and meat feels firm, 8 minutes total.
- ☐ Sprinkle with parsley.
- ☐ Make ahead: Make kebabs through step 2 and chill up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:20.208261230718%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 515.01kcal (25.75%), Fat: 40.73g (62.66%), Saturated Fat: 17.58g (109.9%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.47g (1.63%), Sugar: 2.38g (2.64%), Cholesterol: 147.42mg (49.14%), Sodium: 726.66mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.85%), Vitamin B12: 3.98µg (66.41%), Vitamin B3: 10.46mg (52.32%), Selenium: 34.45µg (49.22%), Zinc: 6.07mg (40.49%), Vitamin K: 38.65µg (36.81%), Phosphorus: 302.45mg (30.25%), Vitamin B2: 0.42mg (24.68%), Iron: 3.66mg (20.31%), Vitamin B6: 0.32mg (15.82%), Potassium: 535.65mg (15.3%), Vitamin B1: 0.22mg (14.67%), Vitamin A: 718.85IU (14.38%), Vitamin B5: 1.3mg (12.95%), Magnesium: 47.67mg (11.92%), Folate: 46.18µg (11.55%), Copper: 0.23mg (11.35%), Vitamin C: 7.3mg (8.85%), Manganese: 0.17mg (8.71%), Vitamin E: 0.88mg (5.85%), Fiber: 1.4g (5.6%), Calcium: 53.85mg (5.38%), Vitamin D: 0.3µg (1.97%)