



Sosasies (South African Kebabs)

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1.5 kg lamb loins cut into 1 inch cubes (6 per skewer) per skewer) or 1 1/2 kg lamb,
- 8 servings pepper black to taste
- 30 g butter
- 1 ml ground pepper
- 60 ml cooking oil
- 15 ml curry powder
- 24 apricot dried

- 2 garlic clove finely grated
- 15 ml ginger finely grated
- 160 ml catsup
- 15 ml mustard
- 2 onion finely chopped
- 36 pieces onion
- 100 ml red wine
- 8 servings salt
- 15 ml soya sauce
- 15 ml sugar
- 100 ml vinegar
- 50 ml water
- 30 ml worcestershire sauce

Equipment

- grill

Directions

- Mix meat, ginger and garlic together and add onion and apricots if you are using them.
- Heat butter and stir fry chopped onions until soft and golden.
- Add wine, water, vinegar, curry powder, cayenne pepper, black pepper, bay leaves and sugar. Bring to the boil and cook for 2 minutes.
- Remove from heat and leave to cool until warm. Blend in remaining ingredients and pour this over the meat. Coat meat well and refrigerate overnight. Thread meat, onion, meat, apricot so that each sosatie has 6 pieces of meat, 3 pieces of onion and 2 apricot halves on each. Barbecue over hot grill taking care not to burn and baste from time to time until done.

Nutrition Facts

 **PROTEIN 17.97%**  **FAT 66.73%**  **CARBS 15.3%**

Properties

Glycemic Index:54.19, Glycemic Load:6.41, Inflammation Score:-8, Nutrition Score:23.699565286222%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 743.1kcal (37.15%), Fat: 54.58g (83.97%), Saturated Fat: 21.63g (135.2%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 24.99g (9.09%), Sugar: 20.74g (23.05%), Cholesterol: 144.94mg (48.31%), Sodium: 699.67mg (30.42%), Alcohol: 1.34g (100%), Alcohol %: 0.53% (100%), Protein: 33.07g (66.14%), Vitamin B12: 4.34µg (72.29%), Vitamin B3: 12.36mg (61.78%), Selenium: 37.38µg (53.4%), Zinc: 6.72mg (44.81%), Phosphorus: 345.98mg (34.6%), Vitamin B2: 0.48mg (28.06%), Iron: 4.66mg (25.9%), Potassium: 896.6mg (25.62%), Vitamin E: 3.51mg (23.4%), Vitamin A: 1141.92IU (22.84%), Vitamin B6: 0.4mg (19.85%), Copper: 0.34mg (16.94%), Vitamin B1: 0.24mg (16.16%), Magnesium: 62.62mg (15.66%), Manganese: 0.31mg (15.43%), Vitamin K: 15.83µg (15.08%), Vitamin B5: 1.42mg (14.2%), Fiber: 3.18g (12.72%), Folate: 48.32µg (12.08%), Calcium: 74.31mg (7.43%), Vitamin C: 4.61mg (5.59%), Vitamin D: 0.19µg (1.25%)