



Spice Rubbed Lamb Pops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

404 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1.3 pound lamb loins trimmed of fat cut into 1/2-inch by 2 1/2-inch strips (top round)
- ☐ 0.5 teaspoon salt

Equipment

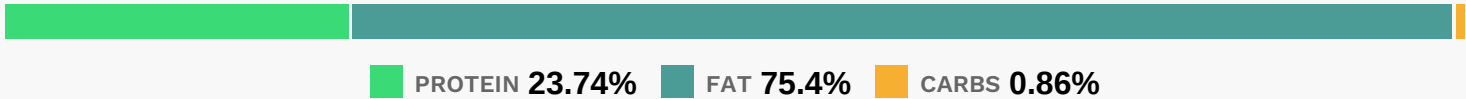
- ☐ bowl
- ☐ grill

- ☐ skewers
- ☐ grill pan

Directions

- ☐ skewers, if wooden soak in water for 10 minutes
- ☐ Preheat the grill or a grill pan.
- ☐ In a small bowl combine the cumin, coriander, cinnamon, pepper and salt. In a large bowl sprinkle the spice mixture over the lamb strips and toss to coat.
- ☐ Thread 1 piece of lamb onto each skewer and grill over medium-high heat for 4 to 5 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:13.272608556825%

Nutrients (% of daily need)

Calories: 404.34kcal (20.22%), Fat: 33.39g (51.38%), Saturated Fat: 14.46g (90.38%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.02g (0.02%), Cholesterol: 103.48mg (34.49%), Sodium: 375.41mg (16.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Vitamin B12: 3.27µg (54.57%), Vitamin B3: 8.49mg (42.44%), Selenium: 26.83µg (38.32%), Zinc: 4.89mg (32.6%), Phosphorus: 227.64mg (22.76%), Vitamin B2: 0.3mg (17.72%), Iron: 2.66mg (14.77%), Vitamin B1: 0.16mg (10.71%), Potassium: 334.41mg (9.55%), Vitamin B6: 0.19mg (9.38%), Vitamin B5: 0.93mg (9.26%), Magnesium: 33.83mg (8.46%), Copper: 0.16mg (7.84%), Manganese: 0.13mg (6.47%), Folate: 25.62µg (6.41%), Vitamin K: 5.62µg (5.35%), Calcium: 34.67mg (3.47%), Vitamin E: 0.31mg (2.06%), Fiber: 0.46g (1.83%)