



Spiced Lamb and Vegetable Kebabs with Cilantro-Mint Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons canola oil
- ☐ 16 cherry tomatoes
- ☐ 0.5 cup cilantro leaves
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 garlic clove chopped
- ☐ 2 garlic cloves minced

- ☐ 2 tablespoons green onions chopped
- ☐ 1.5 teaspoons ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 small jalapeno minced seeded
- ☐ 1 pound leg of lamb boneless trimmed cut into 1-inch pieces
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup mint leaves
- ☐ 0.5 inch wedges onion red
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 2 inch bell peppers yellow

Equipment

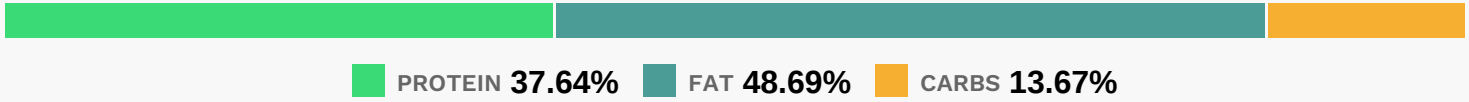
- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ To prepare kebabs, combine first 6 ingredients in a large bowl; add lamb, tossing to coat. Thread lamb, tomatoes, bell pepper, and onion alternately onto each of 8 (8-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 10 minutes or until desired degree of doneness, turning occasionally.
- ☐ To prepare the sauce, combine cilantro and remaining ingredients in a blender; process until smooth.

- ☐ Serve with kebabs.
- ☐ Place 1 chopped peeled ripe mango, 2 tablespoons fresh lime juice, and 1/8 teaspoon ground cardamom in a food processor; process until smooth.
- ☐ Serve over ice cream.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:13.554782722307%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 167.78kcal (8.39%), Fat: 9.2g (14.16%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.06g (2.29%), Cholesterol: 45.72mg (15.24%), Sodium: 420.24mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Vitamin B12: 1.93µg (32.15%), Vitamin C: 26.11mg (31.65%), Selenium: 17.76µg (25.37%), Vitamin B3: 5.04mg (25.2%), Zinc: 3.01mg (20.07%), Vitamin K: 18.99µg (18.09%), Phosphorus: 174.09mg (17.41%), Iron: 2.75mg (15.3%), Vitamin A: 670.33IU (13.41%), Vitamin B2: 0.22mg (12.82%), Potassium: 444.03mg (12.69%), Vitamin B6: 0.24mg (11.78%), Vitamin E: 1.73mg (11.56%), Manganese: 0.23mg (11.26%), Vitamin B1: 0.14mg (9.64%), Copper: 0.19mg (9.34%), Magnesium: 36.54mg (9.14%), Folate: 33.61µg (8.4%), Vitamin B5: 0.66mg (6.59%), Fiber: 1.44g (5.75%), Calcium: 41.4mg (4.14%)