



Spiced Lamb Kabobs & Orange, Onion & Arugula Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 oz arugula
- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup original barbecue sauce kraft
- 2 tsp ground allspice
- 1 lb leg of lamb boneless cut into 8 pieces
- 5 navel oranges divided
- 1 small onion red cut into 6 wedges

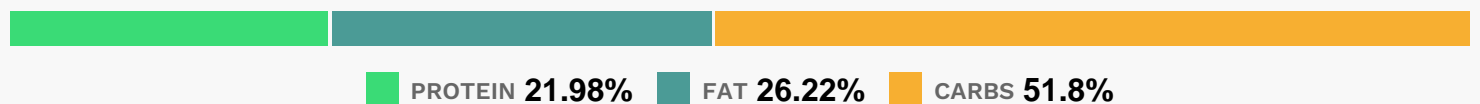
Equipment

- bowl
- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Cut 2 oranges into 6 wedges each. Thread lamb and oranges alternately onto 4 skewers. Thread onions onto separate skewer. Squeeze juice from 1 of the remaining oranges into small bowl.
- Add barbecue sauce and allspice; mix well. Reserve half the barbecue sauce mixture.
- Grill skewers 15 min. or until lamb is done, turning and brushing with remaining barbecue sauce mixture for the last 5 min.
- Remove onions from skewer; place in large bowl. Peel and section remaining oranges.
- Add to onions with arugula and dressing; mix lightly.
- Place on platter; top with kabobs.
- Serve with reserved barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:3.1465217341547%

Flavonoids

Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 42.02kcal (2.1%), Fat: 1.26g (1.94%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.88g (4.32%), Cholesterol: 6.1mg (2.03%), Sodium: 74.46mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin C: 14.85mg (18%), Vitamin K: 5.25µg (5%), Vitamin B12: 0.26µg (4.29%), Folate: 15.55µg (3.89%), Vitamin B3: 0.74mg (3.72%), Vitamin A: 181.19IU (3.62%), Selenium: 2.34µg (3.34%), Potassium: 101.43mg (2.9%), Fiber: 0.72g (2.89%), Phosphorus: 28.37mg (2.84%), Zinc: 0.42mg (2.82%), Vitamin B2: 0.04mg (2.56%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.28%), Calcium: 21.61mg (2.16%), Magnesium: 8.52mg (2.13%), Manganese: 0.04mg (1.93%), Iron: 0.32mg (1.78%), Vitamin B5: 0.16mg (1.62%), Copper: 0.03mg (1.51%)