



Spiced Lamb Kebabs

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic clove minced
- 1.3 cups greek yogurt plain fat-free
- 1 teaspoon ground cumin
- 1 pound leg of lamb boneless trimmed
- 0.5 teaspoon paprika hot

Equipment

- bowl
- frying pan

- ziploc bags
- skewers
- grill pan

Directions

- Combine yogurt, cumin, paprika, and garlic in a bowl.
- Cut lamb into 24 (1-inch) cubes; sprinkle with 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper.
- Combine lamb and 1/2 cup yogurt mixture in a zip-top plastic bag (refrigerate the remaining yogurt mixture); seal and marinate in refrigerator at least 1 hour.
- Remove lamb, and discard marinade. Thread 3 lamb pieces onto each of 8 (10-inch) skewers.
- Heat a grill pan over medium-high heat; coat with cooking spray. Arrange 4 skewers on pan; cook for 7 minutes or until desired degree of doneness, turning frequently.
- Remove from the pan. Repeat with remaining skewers.
- Serve with remaining yogurt mixture.

Nutrition Facts

PROTEIN 65.98% **FAT 25.1%** **CARBS 8.92%**

Properties

Glycemic Index:12.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:10.316956445575%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.27kcal (6.66%), Fat: 3.6g (5.54%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.09g (2.32%), Cholesterol: 48.85mg (16.28%), Sodium: 67.93mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin B12: 2.37µg (39.44%), Selenium: 23.12µg (33.03%), Vitamin B3: 4.64mg (23.18%), Phosphorus: 227.31mg (22.73%), Vitamin B2: 0.36mg (21.16%), Zinc: 3.12mg (20.79%), Iron: 1.74mg (9.67%), Potassium: 312.24mg (8.92%), Vitamin B6: 0.18mg (8.91%), Calcium: 80.25mg (8.02%), Vitamin B1: 0.12mg (7.95%), Vitamin B5: 0.73mg (7.32%), Magnesium: 28.63mg (7.16%), Copper: 0.11mg (5.45%), Folate: 21µg (5.25%), Manganese: 0.06mg (2.8%), Vitamin A: 132.05IU (2.64%), Vitamin E: 0.25mg (1.69%)