



Spiced lamb skewers with pomegranate tzatziki

 Gluten Free

READY IN



23 min.

SERVINGS



16

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g lamb loins diced
- ☐ 0.5 tsp ground cumin
- ☐ 200 g greek yogurt
- ☐ 1 shallots chopped
- ☐ 1 garlic clove chopped
- ☐ 1 small handful mint leaves chopped
- ☐ 1 piece cucumber diced

- ☐ 16 servings honey
- ☐ 50 g pomegranate seeds

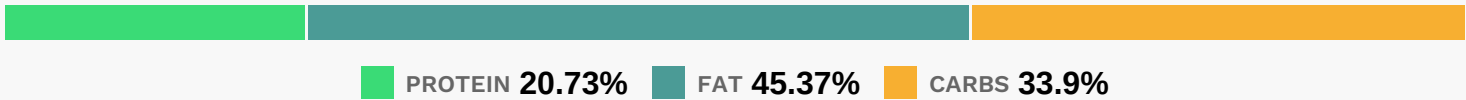
Equipment

- ☐ grill
- ☐ cocktail sticks

Directions

- ☐ Mix the lamb with the cumin, coriander, garam masala and cinnamon. For the tzatziki, mix the Greek yogurt, shallot, garlic, mint, cucumber and honey.
- ☐ Sprinkle with pomegranate seeds. Cook the lamb under a hot grill for 8 mins, turning halfway. Thread each piece onto a cocktail stick. serve with tzatziki.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:3.44, Inflammation Score:-1, Nutrition Score:2.9230434868647%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 88.44kcal (4.42%), Fat: 4.52g (6.96%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.97g (7.74%), Cholesterol: 14.31mg (4.77%), Sodium: 16.71mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin B12: 0.52µg (8.68%), Selenium: 4.9µg (7%), Vitamin B3: 1.18mg (5.9%), Phosphorus: 53.5mg (5.35%), Zinc: 0.78mg (5.19%), Vitamin B2: 0.08mg (4.99%), Potassium: 104.28mg (2.98%), Vitamin B6: 0.05mg (2.71%), Iron: 0.46mg (2.53%), Vitamin K: 2.56µg (2.43%), Vitamin B5: 0.23mg (2.31%), Copper: 0.05mg (2.26%), Folate: 9.03µg (2.26%), Calcium: 22.34mg (2.23%), Magnesium: 8.88mg (2.22%), Vitamin B1: 0.03mg (2.21%), Manganese: 0.04mg (2.02%), Vitamin C: 1.22mg (1.48%), Fiber: 0.35g (1.4%)