



Spiced Salmon Kebabs (Tandoori Rawas)



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 3 cardamom pods
- ☐ 1 stick cinnamon (1-inch)
- ☐ 0.8 teaspoon coriander seeds
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 teaspoon cumin seeds
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 garlic clove minced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons yogurt plain low-fat
- ☐ 2.3 pound salmon fillet cut into (1-inch) cubes
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ajwain seeds (carom seeds)

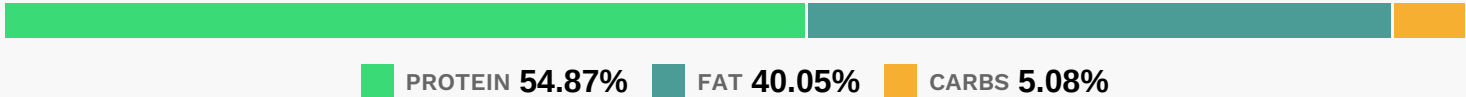
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients in a small skillet over medium heat; cook 2 minutes or until fragrant, stirring constantly.
- ☐ Let cool.
- ☐ Place spice mixture in a spice or coffee grinder, and process mixture until finely ground.
- ☐ Combine spice mixture, yogurt, and next 5 ingredients (through garlic) in a large zip-top plastic bag.
- ☐ Add fish, tossing to coat; seal and marinate in refrigerator for 2 hours, turning occasionally.
- ☐ Remove fish from bag; discard marinade.
- ☐ Preheat broiler.
- ☐ Thread 5 pieces of fish onto each of 6 (12-inch) skewers.
- ☐ Place skewers on a broiler pan coated with cooking spray; broil 7 minutes on each side or until done. Arrange the skewers on a platter.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:25.215217403744%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 259.97kcal (13%), Fat: 11.25g (17.31%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.83g (0.92%), Cholesterol: 94.15mg (31.38%), Sodium: 472.01mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.36%), Vitamin B12: 5.47µg (91.08%), Selenium: 62.75µg (89.65%), Vitamin B6: 1.42mg (71.21%), Vitamin B3: 13.45mg (67.24%), Vitamin B2: 0.67mg (39.69%), Phosphorus: 362.18mg (36.22%), Vitamin B5: 2.91mg (29.07%), Vitamin B1: 0.4mg (26.48%), Potassium: 893.44mg (25.53%), Manganese: 0.45mg (22.72%), Copper: 0.45mg (22.28%), Magnesium: 56.59mg (14.15%), Folate: 44.41µg (11.1%), Iron: 1.82mg (10.13%), Zinc: 1.31mg (8.76%), Calcium: 56.19mg (5.62%), Fiber: 0.98g (3.91%), Vitamin C: 1.89mg (2.29%), Vitamin A: 104.06IU (2.08%)