



Summer Lamb Kabobs



Gluten Free



Dairy Free

READY IN



512 min.

SERVINGS



20

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup butter melted
- ☐ 1 pint cherry tomatoes
- ☐ 6 tablespoons dijon mustard
- ☐ 0.5 teaspoon sage dried crumbled
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 4 bell peppers green cut into large chunks

- ☐ 5 pounds lamb shoulder boneless cut into 1 inch pieces
- ☐ 10 ounce maraschino cherries drained
- ☐ 10 ounce mushrooms fresh whole
- ☐ 4 tablespoons olive oil
- ☐ 4 onions quartered
- ☐ 16 ounce pineapple chunks with juice reserved drained canned
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons citrus champagne vinegar

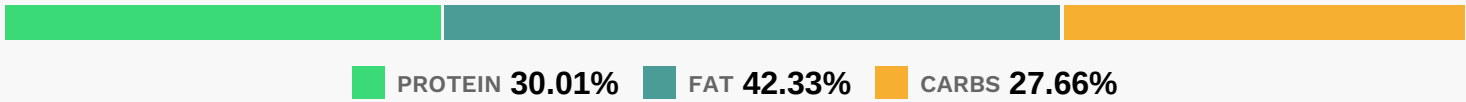
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Place lamb in a large bowl.
- ☐ In a separate bowl, stir together mustard, vinegar, olive oil, salt, pepper, rosemary, sage, and garlic.
- ☐ Pour over lamb, and mix to coat meat. Cover, and refrigerate overnight.
- ☐ Preheat outdoor grill for direct heat.
- ☐ Add marinated lamb, fruit, and vegetables to stainless steel or bamboo skewers. Reserve some of the juice from pineapple chunks and cherries.
- ☐ In a small bowl, stir together melted butter and splashes of juice from the pineapples and cherries to create a basting sauce.
- ☐ Place skewers on preheated grill, and cook about 12 minutes, turning and brushing with butter sauce.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:12.6899999961335%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 208.53kcal (10.43%), Fat: 9.91g (15.24%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 12.51g (4.55%), Sugar: 11.18g (12.42%), Cholesterol: 45.72mg (15.24%), Sodium: 198.72mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Vitamin C: 28.82mg (34.93%), Vitamin B12: 1.92µg (31.95%), Selenium: 19.5µg (27.86%), Vitamin B3: 5.16mg (25.8%), Zinc: 3.24mg (21.58%), Phosphorus: 171.82mg (17.18%), Vitamin B2: 0.25mg (14.65%), Vitamin B6: 0.25mg (12.46%), Potassium: 419.22mg (11.98%), Copper: 0.22mg (11.03%), Vitamin B1: 0.16mg (10.85%), Iron: 1.84mg (10.24%), Vitamin B5: 0.84mg (8.36%), Fiber: 2.05g (8.22%), Magnesium: 32.46mg (8.11%), Folate: 30.71µg (7.68%), Manganese: 0.14mg (7.23%), Vitamin A: 360.98IU (7.22%), Vitamin E: 0.93mg (6.22%), Vitamin K: 4.77µg (4.54%), Calcium: 35.89mg (3.59%)