



Surf 'n' Turf Kebabs with Cilantro-Lime Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 pound eggplant cut into sixteen 1 1/2-inch cubes
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated
- ☐ 4 garlic cloves pressed
- ☐ 48 inch long green onion bottoms
- ☐ 6 tablespoons honey

- ☐ 1.5 pounds leg of lamb boneless cut into sixteen 1 1/2-inch cubes
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 2 large peaches with skin, halved, pitted, each half cut into 4 wedges
- ☐ 8 plum tomatoes halved
- ☐ 1 large bell pepper red seeded cut into 16 squares
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 6 tablespoons soya sauce
- ☐ 1.5 pounds equal sizes of swordfish cut into sixteen 1 1/2-inch cubes
- ☐ 0.5 cup butter unsalted chilled cut into 8 slices (1 stick)
- ☐ 3 small zucchini trimmed cut into sixteen 1/2-inch-thick rounds

Equipment

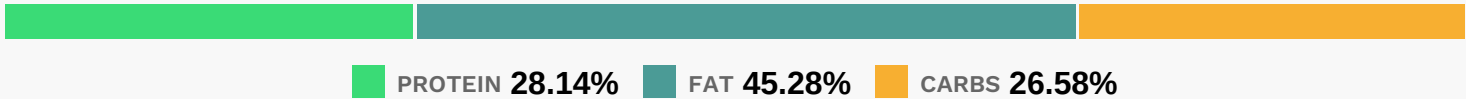
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk all ingredients in medium bowl to blend.
- ☐ Place fish and lamb in separate medium glass or stainless steel bowls.
- ☐ Add 2/3 cup marinade to each; toss to coat. Chill at least 30 minutes and up to 1 hour, stirring occasionally. Reserve remaining marinade for basting and making sauce.
- ☐ Drain fish. Alternate 2 fish cubes, 2 tomato halves, 2 peach wedges, and 2 onion bottoms on each of 8 skewers.
- ☐ Drain lamb. Alternate 2 lamb cubes, 2 bell pepper squares, 2 eggplant cubes, and 2 zucchini rounds on each of 8 skewers. (Kebabs can be assembled 2 hours ahead. Arrange on 2 rimmed baking sheets. Cover; chill.)

- ☐ Spray grill rack with nonstick spray, then prepare barbecue (medium-high heat).
- ☐ Transfer 1 cup reserved marinade to small saucepan for sauce. Grill kebabs until slightly charred and cooked as desired, turning occasionally and basting with remaining marinade, about 8 minutes for fish and 10 minutes for lamb.
- ☐ Transfer kebabs to platter.
- ☐ Bring marinade in saucepan to boil. Reduce heat to medium-low.
- ☐ Whisk in butter, 1 slice at a time, allowing each to melt before adding next (do not boil). Season butter sauce to taste with pepper.
- ☐ Serve sauce with kebabs.

Nutrition Facts



Properties

Glycemic Index:47.32, Glycemic Load:10.39, Inflammation Score:-9, Nutrition Score:33.799565315247%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 457kcal (22.85%), Fat: 23.07g (35.49%), Saturated Fat: 10.01g (62.55%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 25.55g (9.29%), Sugar: 23.32g (25.91%), Cholesterol: 120.93mg (40.31%), Sodium: 922.53mg (40.11%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 32.26g (64.51%), Selenium: 64.66µg (92.38%), Vitamin D: 12.03µg (80.23%), Vitamin C: 54.02mg (65.48%), Vitamin B3: 12.19mg (60.94%), Vitamin B12: 2.92µg (48.61%), Vitamin K: 48.95µg (46.62%), Vitamin B6: 0.88mg (43.87%), Vitamin A: 2162.99IU (43.26%), Phosphorus: 420.75mg (42.08%), Potassium: 1138.89mg (32.54%), Vitamin E: 4.01mg (26.74%), Manganese: 0.53mg (26.54%),

Zinc: 3.37mg (22.44%), Magnesium: 83.13mg (20.78%), Vitamin B2: 0.34mg (20.06%), Fiber: 4.91g (19.65%), Folate: 74.25µg (18.56%), Vitamin B1: 0.26mg (17.25%), Iron: 2.84mg (15.77%), Copper: 0.3mg (15.19%), Vitamin B5: 1.27mg (12.66%), Calcium: 57.4mg (5.74%)