



Tamarind-Glazed Lamb Skewers with Dried-Apricot Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper flakes red minced seeded
- ☐ 2 tablespoons coriander seeds
- ☐ 2 cups apricot dried chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 2 pounds lamb shoulder boneless fat trimmed cut into 1/2-inch pieces; or 4 pounds lamb shoulder chops, , meat cut into 1/2-inch pieces
- ☐ 6 tablespoons juice of lemon fresh

- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 0.5 cup orange juice fresh
- ☐ 1 large onion red cut into 1/2-inch cubes
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 cup tamarind paste unsweetened seedless

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Bring first 4 ingredients to boil in small saucepan over high heat. Reduce heat and simmer until reduced to 1 cup, stirring occasionally, about 8 minutes.
- ☐ Remove from heat. Stir in lime juice.
- ☐ Mix apricots and next 5 ingredients in medium bowl to blend. Season relish to taste with salt and pepper. (Glaze and relish can be made 1 day ahead; cover separately and chill. Bring relish to room temperature. Stir glaze over medium heat until heated through.)
- ☐ Thread lamb and onion pieces onto skewers, using about 6 onion and lamb pieces per skewer. (Skewers can be prepared 1 day ahead. Cover and chill.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle skewers with salt and pepper. Grill lamb to desired doneness, turning once and basting with glaze during last minute of grilling, about 2 minutes total for medium-rare.
- ☐ Transfer skewers to platter.
- ☐ Serve with relish.
- ☐ * Available at Indian markets.

Nutrition Facts



Properties

Glycemic Index:49.73, Glycemic Load:19.53, Inflammation Score:-9, Nutrition Score:21.803043365479%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 5.31mg, Hesperetin: 5.31mg, Hesperetin: 5.31mg, Hesperetin: 5.31mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 353.48kcal (17.67%), Fat: 5.72g (8.81%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 53.35g (19.4%), Sugar: 48.2g (53.56%), Cholesterol: 60.96mg (20.32%), Sodium: 89.06mg (3.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Vitamin B12: 2.54µg (42.39%), Selenium: 26.76µg (38.23%), Vitamin B3: 7.48mg (37.42%), Vitamin A: 1817.5IU (36.35%), Potassium: 1258.18mg (35.95%), Vitamin C: 28.31mg (34.31%), Zinc: 4.35mg (29.02%), Magnesium: 105.53mg (26.38%), Iron: 4.5mg (24.99%), Manganese: 0.49mg (24.69%), Phosphorus: 246.68mg (24.67%), Vitamin B6: 0.41mg (20.61%), Copper: 0.41mg (20.47%), Fiber: 5.02g (20.06%), Vitamin B2: 0.29mg (17.35%), Vitamin E: 2.33mg (15.54%), Vitamin B1: 0.21mg (14.19%), Vitamin B5: 1.19mg (11.88%), Folate: 43.86µg (10.97%), Calcium: 107.02mg (10.7%), Vitamin K: 5.57µg (5.3%)