



## Tamarind-Honey Lamb Kebabs on Mashed Yams

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup butter ()
- ☐ 0.3 cup chili-garlic sauce
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cumin
- ☐ 0.7 cup honey
- ☐ 2 pounds cubes leg of lamb boneless
- ☐ 3 tablespoons tamarind concentrate

☐ 2.3 pounds yams (red-skinned sweet potatoes; 3 medium)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave
- ☐ skewers

## Directions

- ☐ Stir first 5 ingredients in bowl to blend. Pierce yams with fork. Microwave on high until tender, about 12 minutes, turning once.
- ☐ Cut yams lengthwise in half; scoop flesh into microwave-safe bowl.
- ☐ Add butter; mash. Season with salt and pepper.
- ☐ Meanwhile, preheat broiler. Line large rimmed baking sheet with foil; place rack on sheet.
- ☐ Transfer 1/2 cup tamarind glaze to large bowl.
- ☐ Add lamb; stir to coat.
- ☐ Let stand 5 to 10 minutes. Thread 5 pieces of lamb onto each of 4 skewers.
- ☐ Sprinkle with salt.
- ☐ Brush with some of remaining glaze. Broil lamb to desired doneness, occasionally brushing with glaze, about 3 minutes per side for medium-rare.
- ☐ Rewarm yams in microwave, about 2 minutes. Divide yams among 4 plates; top yams with lamb skewers.
- ☐ \*Chili-garlic sauce is slightly salty, spicy, and pungent; it can be found in the Asian foods section of many supermarkets and at some specialty foods stores and Asian markets.
- ☐ \*\*Tamarind concentrate, a dark, seedless paste, is available at Middle Eastern, Indian, and some Asian markets.

## Nutrition Facts



 PROTEIN **23.88%**  FAT **25%**  CARBS **51.12%**

Properties

Glycemic Index:44.32, Glycemic Load:28.77, Inflammation Score:-10, Nutrition Score:46.744782738064%

Nutrients (% of daily need)

Calories: 855.51kcal (42.78%), Fat: 24.06g (37.02%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 110.72g (36.91%), Net Carbohydrates: 100.85g (36.67%), Sugar: 70.16g (77.96%), Cholesterol: 177.92mg (59.31%), Sodium: 1063.47mg (46.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.71g (103.41%), Vitamin A: 49398.4IU (987.97%), Vitamin B12: 6.22µg (103.59%), Vitamin B3: 17.62mg (88.11%), Selenium: 53µg (75.71%), Manganese: 1.45mg (72.72%), Zinc: 10.42mg (69.47%), Vitamin C: 50.8mg (61.58%), Phosphorus: 588.59mg (58.86%), Potassium: 1975.93mg (56.46%), Vitamin B6: 1.12mg (55.86%), Vitamin B2: 0.86mg (50.67%), Vitamin B1: 0.62mg (41.57%), Fiber: 9.87g (39.46%), Vitamin B5: 3.94mg (39.37%), Iron: 6.72mg (37.32%), Copper: 0.72mg (36.06%), Magnesium: 142.71mg (35.68%), Vitamin E: 2.67mg (17.79%), Folate: 70.76µg (17.69%), Calcium: 138.65mg (13.87%), Vitamin K: 7.22µg (6.88%)