



HEALTH SCORE

66%

Tandoori lamb skewers with crunchy slaw & raita



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp greek yogurt fat-free
- ☐ 1 tbsp tandoori paste
- ☐ 175 g leg of lamb steak cubed fat removed
- ☐ 1 small bunch coriander chopped
- ☐ 2 wholemeal chapatis
- ☐ 1 carrots with a peeler peeled sliced into strips
- ☐ 0.3 cabbage shredded white

- ☐ 1 onion red sliced
- ☐ 1 juice of lime
- ☐ 2 tsp olive oil
- ☐ 1 tsp mustard seeds

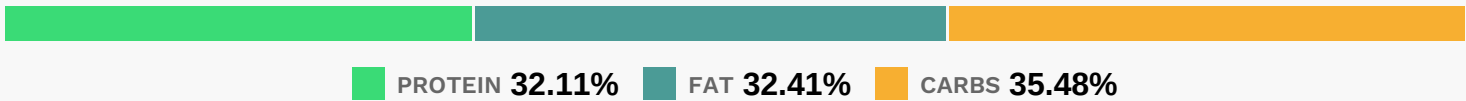
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a medium bowl, combine 2 tbsp of yogurt with the tandoori paste.
- ☐ Add lamb, mixing to coat all the pieces. Make raita with the remaining yogurt, 1 tbsp of the chopped coriander and some seasoning, then set aside. For the slaw, mix together all of the vegetables and the remaining coriander in a large bowl, then stir in the lime juice, oil and mustard seeds.
- ☐ Heat the grill to high. Divide the lamb between 4 skewers, grill for 3–4 mins each side, until lightly charred and cooked through.
- ☐ Serve with the slaw, raita and warmed chapatis.

Nutrition Facts



Properties

Glycemic Index:105.42, Glycemic Load:4.8, Inflammation Score:-10, Nutrition Score:25.684782691624%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.74mg, Quercetin: 13.74mg

13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

Nutrients (% of daily need)

Calories: 221.58kcal (11.08%), Fat: 8.26g (12.7%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 14.95g (5.44%), Sugar: 9.27g (10.3%), Cholesterol: 36.78mg (12.26%), Sodium: 408.14mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.82%), Vitamin A: 5493.99IU (109.88%), Vitamin K: 108.25µg (103.09%), Vitamin C: 53.06mg (64.32%), Selenium: 20.03µg (28.61%), Vitamin B12: 1.71µg (28.42%), Phosphorus: 231.72mg (23.17%), Manganese: 0.46mg (22.99%), Folate: 87.61µg (21.9%), Vitamin B3: 4.37mg (21.84%), Fiber: 5.38g (21.52%), Zinc: 2.98mg (19.87%), Vitamin B6: 0.4mg (19.83%), Vitamin B2: 0.33mg (19.57%), Potassium: 638.28mg (18.24%), Vitamin B1: 0.23mg (15.08%), Magnesium: 52.41mg (13.1%), Iron: 2.21mg (12.3%), Calcium: 117.45mg (11.75%), Vitamin B5: 0.98mg (9.76%), Copper: 0.19mg (9.55%), Vitamin E: 1.34mg (8.93%)