



Turkish Lamb, Fig, and Mint Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 24 figs dried
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 pounds boned leg of lamb lean
- ☐ 3 tablespoons tablespoon mint dried fresh chopped

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 2 onions red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Trim fat from lamb.
- ☐ Cut lamb into 48 (1-inch) pieces; set aside.
- ☐ Combine mint and next 8 ingredients (mint through garlic) in a large zip-top plastic bag.
- ☐ Add lamb; seal and marinate in refrigerator 20 minutes, turning bag occasionally.
- ☐ Remove lamb from bag; discard marinade.
- ☐ Combine boiling water and figs in a large bowl; cover and let stand 10 minutes or until soft.
- ☐ Drain well; cut in half.
- ☐ Cut each onion into 6 wedges; cut each wedge in half crosswise (for a total of 24 pieces).
- ☐ Thread 4 lamb pieces, 2 figs, and 2 onion pieces alternately onto 12 (10-inch) skewers.
- ☐ Prepare grill or broiler.
- ☐ Place kebabs on a grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:6.3, Inflammation Score:-5, Nutrition Score:14.648260821467%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 234.82kcal (11.74%), Fat: 6.12g (9.42%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 21g (7.64%), Sugar: 16.95g (18.83%), Cholesterol: 60.96mg (20.32%), Sodium: 261.26mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.67%), Vitamin B12: 2.57µg (42.86%), Selenium: 23.01µg (32.87%), Vitamin B3: 6.26mg (31.32%), Zinc: 4.01mg (26.73%), Phosphorus: 222.64mg (22.26%), Manganese: 0.34mg (17.21%), Fiber: 4.21g (16.84%), Vitamin B2: 0.29mg (16.82%), Potassium: 578.59mg (16.53%), Iron: 2.9mg (16.13%), Magnesium: 55.83mg (13.96%), Vitamin B6: 0.27mg (13.37%), Copper: 0.25mg (12.6%), Vitamin B1: 0.19mg (12.37%), Vitamin B5: 0.89mg (8.93%), Folate: 34.85µg (8.71%), Calcium: 81.77mg (8.18%), Vitamin K: 6.31µg (6.01%), Vitamin C: 4.4mg (5.33%), Vitamin A: 197.62IU (3.95%), Vitamin E: 0.59mg (3.93%)