



Turkish Lamb Kebabs

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup parsley fresh coarsely chopped
- ☐ 40 inch grain lower carb lavash flatbreads soft
- ☐ 1.5 lb leg of lamb boneless trimmed cut into 32 (1-inch) cubes
- ☐ 6 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 tablespoon pepper
- ☐ 0.5 cup onion red finely chopped

- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup tomatoes diced

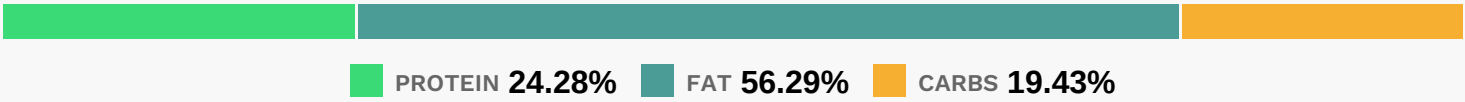
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ grill pan

Directions

- ☐ If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Stir together onion, parsley, tomato, oregano, Urfa and Maras peppers, 2 tablespoons oil, and 1/4 teaspoon salt.
- ☐ Pat lamb dry, then toss with black pepper, 1 tablespoon oil, and remaining 1/2 teaspoon salt and thread 4 lamb cubes onto each skewer, leaving a little space in between cubes.
- ☐ Brush lavash (on both sides) with remaining 3 tablespoons oil and transfer to a platter.
- ☐ Grill lamb, covered only if using a gas grill, on lightly oiled grill rack, turning over once, until medium-rare, 6 to 8 minutes total.
- ☐ Transfer lamb skewers to a platter and cover with foil to keep warm.
- ☐ Grill lavash, covered only if using a gas grill, turning over once, until just heated through and lightly browned but still flexible, about 45 seconds total.
- ☐ Remove lamb from skewers and divide among pieces of lavash. Top lamb with tomato mixture and roll up lavash to enclose lamb.
- ☐ Serve immediately.
- ☐ If you aren't able to grill outdoors, lamb can be grilled in a large well-seasoned ridged grill pan (without crowding) over moderately high heat, turning over once, about 8 minutes total for medium-rare. Lavash can be heated in 4 batches in grill pan over moderately high heat, turning over once, about 1 minute total per batch. Wrap in foil to keep warm.*Available at Middle Eastern markets and Kalustyan's (212-685-3451).

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:20.537391455277%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 422.63kcal (21.13%), Fat: 26.34g (40.53%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 18.39g (6.69%), Sugar: 2g (2.23%), Cholesterol: 68.58mg (22.86%), Sodium: 630.01mg (27.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Vitamin K: 142.67µg (135.88%), Vitamin B12: 2.89µg (48.22%), Selenium: 25.36µg (36.23%), Vitamin B3: 7mg (34.99%), Zinc: 4.3mg (28.69%), Vitamin E: 3.57mg (23.82%), Iron: 4.17mg (23.16%), Phosphorus: 226mg (22.6%), Vitamin C: 15.29mg (18.54%), Vitamin A: 878.89IU (17.58%), Vitamin B2: 0.29mg (17.08%), Potassium: 466.55mg (13.33%), Manganese: 0.25mg (12.45%), Vitamin B6: 0.24mg (12.17%), Vitamin B1: 0.18mg (11.87%), Folate: 45.39µg (11.35%), Magnesium: 40.83mg (10.21%), Copper: 0.19mg (9.36%), Vitamin B5: 0.87mg (8.7%), Fiber: 2.07g (8.3%), Calcium: 37.07mg (3.71%)