



Vegetable & Lamb Kabobs

 Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



29

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cloves garlic minced
- 0.3 cup a.1. original sauce
- 1 lb leg of lamb boneless cut into 1-1/4-inch chunks
- 1 Tbsp juice of lemon
- 2 tsp oregano leaves dried
- 1 bell pepper red cut into 1-inch chunks
- 1 small onion red cut into 1/2-inch-thick wedges
- 2 small zucchini cut into 3/4-inch-thick slices

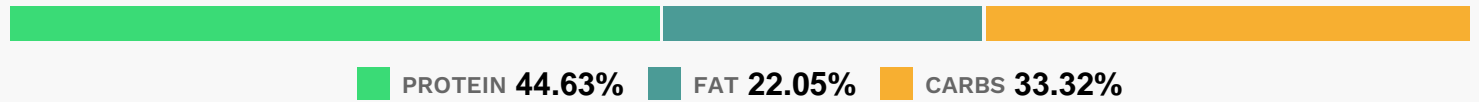
Equipment

- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Thread meat and vegetables alternately onto 4 skewers.
- Mix remaining ingredients; brush onto kabobs.
- Grill 12 to 14 min. or until meat is done and vegetables are crisp-tender, turning after 7 min.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.1599999925365%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 20.13kcal (1.01%), Fat: 0.5g (0.76%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.03g (1.14%), Cholesterol: 6.31mg (2.1%), Sodium: 31.66mg (1.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin C: 7.32mg (8.88%), Vitamin B12: 0.27µg (4.43%), Vitamin B3: 0.7mg (3.52%), Selenium: 2.42µg (3.46%), Vitamin A: 147.01IU (2.94%), Zinc: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.66%), Phosphorus: 25.14mg (2.51%), Vitamin B2: 0.04mg (2.23%), Manganese: 0.04mg (1.97%), Potassium: 67.67mg (1.93%), Folate: 7.24µg (1.81%), Iron: 0.29mg (1.6%), Vitamin B1: 0.02mg (1.51%), Magnesium: 5.47mg (1.37%), Vitamin K: 1.35µg (1.28%), Fiber: 0.29g (1.18%), Vitamin B5: 0.11mg (1.1%), Copper: 0.02mg (1.05%)