



Yogurt-Marinated Lamb Kebabs

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large cherry tomatoes
- ☐ 2 cups couscous cooked
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 pound leg of lamb boneless lean
- ☐ 2 teaspoons olive oil

- ☐ 1 small onion cut into 4 wedges
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 cups zucchini sliced (1-inch)

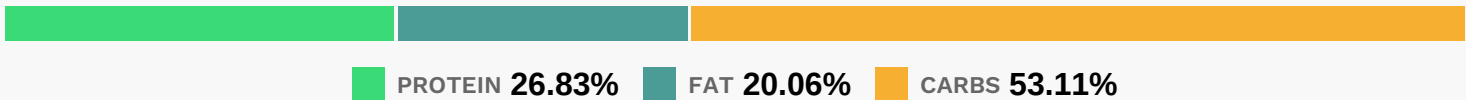
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Trim fat from lamb.
- ☐ Cut lamb into 1-inch pieces.
- ☐ Combine yogurt and next 7 ingredients in a large zip-top plastic bag.
- ☐ Add lamb; seal bag, and marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove lamb from bag, reserving marinade.
- ☐ Thread lamb, zucchini, tomatoes, and onion wedges alternately onto 4 (10-inch) skewers.
- ☐ Prepare grill.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 7 minutes on each side or until done, basting occasionally with reserved marinade.
- ☐ Serve kebabs with couscous.
- ☐ Note: If using wooden skewers, soak them in water 30 minutes before grilling.

Nutrition Facts



Properties

Glycemic Index:135.5, Glycemic Load:23.72, Inflammation Score:-7, Nutrition Score:23.898695779883%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 375.25kcal (18.76%), Fat: 8.38g (12.9%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 45.14g (16.41%), Sugar: 8.63g (9.59%), Cholesterol: 46.33mg (15.44%), Sodium: 386.51mg (16.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Selenium: 62.09µg (88.69%), Vitamin C: 37.66mg (45.65%), Vitamin B12: 2.12µg (35.26%), Vitamin B3: 6.99mg (34.97%), Manganese: 0.62mg (30.76%), Phosphorus: 304.09mg (30.41%), Zinc: 4.08mg (27.21%), Vitamin B6: 0.54mg (26.76%), Potassium: 908.66mg (25.96%), Vitamin B2: 0.44mg (25.81%), Folate: 88µg (22%), Iron: 3.92mg (21.75%), Vitamin B1: 0.32mg (21.29%), Fiber: 4.8g (19.2%), Magnesium: 75.36mg (18.84%), Vitamin B5: 1.68mg (16.77%), Copper: 0.3mg (15.15%), Calcium: 131.88mg (13.19%), Vitamin A: 523.04IU (10.46%), Vitamin K: 10.47µg (9.97%), Vitamin E: 1.44mg (9.57%)