



Yogurt-Marinated Lamb Kebabs With Lemon Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon ground pepper
- 1.5 teaspoons chili powder such as ancho pure
- 1 garlic clove minced
- 3 tablespoons butter unsalted melted
- 4 servings kosher salt
- 2 pounds leg of lamb boneless trimmed cut into 1 1/2-inch cubes
- 2 tablespoons juice of lemon fresh

- 6 inch lemon zest
- 2 cups yogurt plain
- 1 teaspoon turmeric
- 1.5 cups water

Equipment

- bowl
- paper towels
- whisk
- grill
- skewers
- metal skewers

Directions

- In a large bowl, whisk 1 cup of the yogurt with the water.
- Add the lamb cubes, toss to coat and refrigerate overnight.
- Light a grill.
- Drain the lamb and pat dry with paper towels. In a large bowl, whisk the remaining 1 cup of yogurt with the chile powder, turmeric, garlic, cayenne and 1 teaspoon of salt.
- Add the lamb, toss to coat and let stand for 10 to 20 minutes.
- On each of 6 metal skewers, thread a piece of the lemon peel. Thread the lamb cubes onto the skewers and season with salt. In a small bowl, combine the ghee with the lemon juice.
- Grill the skewers over moderately high heat, turning, until starting to char all over, about 3 minutes. Continue to grill, turning and basting with the ghee and lemon juice, until medium-rare, about 4 minutes longer.
- Serve the lamb on or off the skewers.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:22.329565234806%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 336.01kcal (16.8%), Fat: 15.41g (23.71%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.75g (3.91%), Sugar: 9.87g (10.96%), Cholesterol: 116.47mg (38.82%), Sodium: 395.29mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.57%), Vitamin B12: 4.62µg (77.05%), Selenium: 38.43µg (54.9%), Phosphorus: 477.13mg (47.71%), Vitamin B3: 9.22mg (46.1%), Zinc: 6.78mg (45.17%), Vitamin B2: 0.66mg (39%), Calcium: 268.32mg (26.83%), Potassium: 776.98mg (22.2%), Vitamin B5: 1.86mg (18.59%), Vitamin B6: 0.36mg (17.91%), Vitamin B1: 0.27mg (17.89%), Iron: 3.12mg (17.33%), Magnesium: 66.63mg (16.66%), Folate: 50.57µg (12.64%), Vitamin A: 599.79IU (12%), Copper: 0.23mg (11.64%), Vitamin C: 9.48mg (11.49%), Vitamin E: 0.96mg (6.37%), Manganese: 0.11mg (5.58%), Fiber: 0.88g (3.51%), Vitamin K: 2.05µg (1.96%), Vitamin D: 0.16µg (1.05%)