



Yogurt Marinated Lamb Skewers

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons cooking oil
- 0.3 cup cumin
- 10 pounds leg of lamb
- 0.5 teaspoon nutmeg
- 2 tablespoons paprika
- 80 g yogurt plain homemade (I used my yogurt)
- 0.3 tsp salt
- 1 tablespoon turmeric

Equipment

- bowl
- grill
- skewers

Directions

- Bone the lamb and cut into 1" cubes.
- Combine all ingredients in a large bowl, mix, cover and refrigerate overnight. Skewer cubes and grill over charcoal about 7 min. per side.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:28.41347826087%

Taste

Sweetness: 11.86%, Saltiness: 100%, Sourness: 25.88%, Bitterness: 25.05%, Savoriness: 64.63%, Fattiness: 82.36%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 384.72kcal (19.24%), Fat: 18.13g (27.89%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.58g (0.65%), Cholesterol: 153.27mg (51.09%), Sodium: 208.47mg (9.06%), Protein: 50.29g (100.57%), Vitamin B12: 6.45µg (107.57%), Selenium: 56.47µg (80.67%), Vitamin B3: 15.22mg (76.07%), Zinc: 9.5mg (63.32%), Phosphorus: 495.94mg (49.59%), Iron: 8.1mg (45%), Vitamin B2: 0.64mg (37.45%), Vitamin B1: 0.37mg (24.75%), Potassium: 828.31mg (23.67%), Vitamin B6: 0.46mg (23.2%), Magnesium: 86.49mg (21.62%), Copper: 0.36mg (17.81%), Vitamin B5: 1.77mg (17.7%), Manganese: 0.29mg (14.42%), Folate: 56.59µg (14.15%), Vitamin E: 2.07mg (13.8%), Vitamin A: 643.91IU (12.88%), Calcium: 72.17mg (7.22%), Vitamin K: 5.45µg (5.19%), Fiber: 1.07g (4.26%)