

Lamb Shish Kebab

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-lamb-shish-kebab-recipe>

Ingredients:

- 2 pounds leg of lamb cut into 2-inch cubes
- 1 red onions large sweet, cut into 2-inch chunks
- 1 orange bell pepper red, yellow, cut into 2-inch pieces
- kosher salt
- black pepper
- 3 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 145 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 6 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

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