

# Zesty Grilled Mediterranean Kebabs

*Dashrecipes.com July 2014*

## Servings: 8

*1 pound ground turkey*  
*1/4 cup bread crumbs*  
*1 teaspoon dried basil*  
*1 teaspoon dried oregano*  
*3 tablespoons Italian dressing*  
*Italian dressing (for brushing)*  
*2 zucchini, sliced 3/4-inch thick*  
*8 ounces cherry tomatoes*  
*8 ounces large mushrooms, halved*  
*8 bamboo (or metal) barbecue skewers*

## Preparation Time: 20 minutes

Heat the grill to medium.

In a bowl, add the turkey, bread crumbs, basil, oregano and Italian dressing. Mix by hand until combined. Form into roughly twenty-four meatballs. Set aside.

Thread three meatballs, one zucchini slice, one mushroom and one tomato onto each skewer. Brush the kebabs all over with Italian dressing.

Place the kebabs on the grill. Cover and cook until the meat is browned on the bottom, about 5 minutes. Carefully turn the kebabs, cover and cook until the meat is firm and browned all over, about 5 more minutes.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 111 Calories; 5g Fat (40.8% calories from fat); 11g Protein; 5g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Grilled, Turkey

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	111	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	40.8%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	19.0%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	40.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	5g	<b>Folacin (mcg):</b>	23mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg

<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	45mg
<b>Carbohydrate (g):</b>	5g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	11g
<b>Sodium (mg):</b>	86mg
<b>Potassium (mg):</b>	328mg
<b>Calcium (mg):</b>	31mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	10mg
<b>Vitamin A (i.u.):</b>	361IU
<b>Vitamin A (r.e.):</b>	37RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	00%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0
<b>Other Carbohydrates:</b>	0

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

<b>Calories</b> 111	Calories from Fat: 45
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#### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 1g	7%
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 86mg	4%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 1g	4%
<b>Protein</b> 11g	
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<b>Vitamin A</b>	7%
<b>Vitamin C</b>	16%
<b>Calcium</b>	3%
<b>Iron</b>	8%

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\* Percent Daily Values are based on a 2000 calorie diet.