



## Donair

READY IN



250 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup breadcrumbs
- 1 teaspoon garlic powder
- 1.5 pounds ground beef
- 1 teaspoon pepper black
- 0.7 cup evaporated milk
- 1 large onion chopped
- 1 teaspoon onion powder
- 1.5 teaspoons paprika
- 6 wholewheat pita breads

- 0.5 teaspoon salt
- 0.7 cup sugar
- 3 tomatoes chopped
- 0.3 cup vinegar

## Equipment

- bowl
- frying pan
- oven
- baking pan
- casserole dish

## Directions

- Preheat the oven to 300 degrees F (150 degrees C).
- In a medium bowl, mix together the ground beef, bread crumbs, cayenne pepper, paprika, onion powder, garlic powder, ground black pepper, and salt. Press into an 8x8 inch square baking dish, or casserole dish.
- Bake for 2 hours in the preheated oven, until cooked through. Set aside to cool for at least 1/2 hour, the meat will slice even better if it is actually chilled completely.
- To make the sauce, combine the evaporated milk, sugar and vinegar in a jar with a lid, and shake well to blend. Set aside to thicken.
- Heat a large skillet over medium-high heat, and slice off thin slices of the meat loaf. Fry the slices briefly in the hot skillet, until browned on each side.
- Remove from the skillet, and keep warm. Flick a little water onto the hot skillet, and brown the pita breads a little on each side to soften.
- Load up one side of pitas with meat slices, tomatoes and onion. Spoon sauce over the filling, and fold pitas in half, then towards the center. Voila, you're eating!

## Nutrition Facts



PROTEIN 18.47%  FAT 38.29%  CARBS 43.24%

## Properties

Glycemic Index:55.68, Glycemic Load:45.79, Inflammation Score:-7, Nutrition Score:18.741304332795%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 617.74kcal (30.89%), Fat: 26.09g (40.14%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 63.28g (23.01%), Sugar: 28.13g (31.26%), Cholesterol: 88.63mg (29.54%), Sodium: 649.06mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.63%), Vitamin B12: 2.49µg (41.54%), Zinc: 5.72mg (38.12%), Vitamin B3: 6.9mg (34.49%), Phosphorus: 328.05mg (32.8%), Selenium: 19.71µg (28.16%), Manganese: 0.51mg (25.44%), Vitamin B6: 0.51mg (25.41%), Vitamin B2: 0.37mg (21.48%), Iron: 3.74mg (20.79%), Vitamin B1: 0.31mg (20.63%), Potassium: 678.08mg (19.37%), Calcium: 170.02mg (17%), Vitamin A: 827.81IU (16.56%), Magnesium: 54.77mg (13.69%), Vitamin C: 10.9mg (13.21%), Copper: 0.24mg (12.21%), Fiber: 3.02g (12.08%), Folate: 44.76µg (11.19%), Vitamin B5: 1.11mg (11.12%), Vitamin K: 8.53µg (8.12%), Vitamin E: 1mg (6.7%)