



Garlic-Rosemary Lamb Pita

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1.5 cups cucumber seeded finely chopped
- 1 tablespoon rosemary fresh chopped
- 1 pound leg of lamb boneless cut into (3/4-inch) cubes
- 1 tablespoon juice of lemon fresh
- 6 ounce yogurt plain low-fat
- 2 teaspoons olive oil
- 0.5 teaspoon salt divided

4 6-inch pitas whole wheat ()

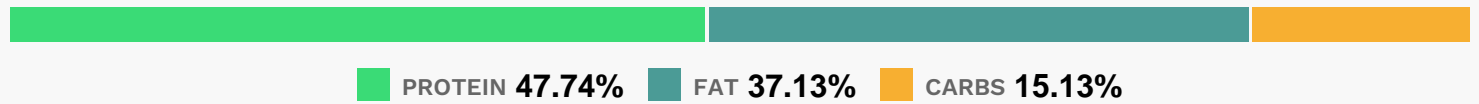
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Combine rosemary, garlic, 1/4 teaspoon salt, 1/4 teaspoon pepper, and lamb, tossing to coat.
- Add lamb mixture to pan; saut 4 minutes or until done.
- While lamb cooks, combine 1/4 teaspoon salt, cucumber, lemon juice, 1/8 teaspoon pepper, and yogurt. Divide lamb mixture evenly among each of 4 pitas, and drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:10.831304176994%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 148.33kcal (7.42%), Fat: 6.03g (9.27%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.82g (4.24%), Cholesterol: 48.27mg (16.09%), Sodium: 370.41mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.88%), Vitamin B12: 2.17µg (36.12%), Selenium: 18.87µg (26.96%), Vitamin B3: 4.57mg (22.82%), Zinc: 3.25mg (21.64%), Phosphorus: 214.23mg (21.42%), Vitamin B2: 0.29mg (16.82%), Potassium: 390.29mg (11.15%), Vitamin B6: 0.19mg (9.49%), Calcium: 94.34mg (9.43%), Vitamin B1: 0.14mg (9.42%), Vitamin B5: 0.91mg (9.13%), Iron: 1.56mg (8.69%), Magnesium: 34.51mg (8.63%), Folate: 29.81µg (7.45%), Copper: 0.14mg (7.12%), Manganese: 0.12mg (6.17%), Vitamin K: 5.22µg (4.97%), Vitamin C: 3.89mg (4.71%), Vitamin E: 0.49mg (3.25%), Fiber: 0.57g (2.26%), Vitamin A: 73.58IU (1.47%)