



Greek lamb baguette

READY IN



5 min.

SERVINGS



1

CALORIES



186 kcal

Ingredients

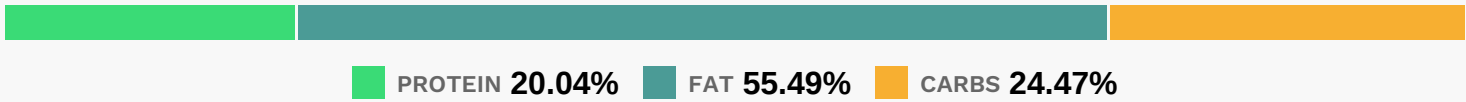
- ☐ 1 small baguette
- ☐ 1 serving sprinkle olive oil and red wine vinegar
- ☐ 1 pinch oregano dried
- ☐ 1 handful lamb loins leftover
- ☐ 3 slices pepper white red
- ☐ 1 serving lettuce shredded
- ☐ 3 tbsp feta cheese crumbled

Equipment

Directions

- ☐ Sprinkle the inside of the baguette with a little olive oil, vinegar, oregano and a little seasoning.
- ☐ Layer the lamb, salad veg and feta, then wrap tightly in cling film.

Nutrition Facts



Properties

Glycemic Index:135.75, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:11.252173864323%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 186.43kcal (9.32%), Fat: 11.66g (17.95%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.47g (3.44%), Sugar: 2.23g (2.47%), Cholesterol: 46.12mg (15.37%), Sodium: 653.27mg (28.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Vitamin B2: 0.49mg (28.89%), Calcium: 287.96mg (28.8%), Vitamin K: 23.32µg (22.21%), Phosphorus: 206.57mg (20.66%), Manganese: 0.31mg (15.42%), Vitamin B12: 0.88µg (14.75%), Selenium: 9.74µg (13.92%), Vitamin B6: 0.27mg (13.47%), Folate: 53.55µg (13.39%), Vitamin A: 663.7IU (13.27%), Zinc: 1.75mg (11.69%), Vitamin B1: 0.18mg (11.68%), Iron: 1.55mg (8.59%), Fiber: 2.11g (8.43%), Vitamin B5: 0.62mg (6.19%), Vitamin B3: 1.14mg (5.7%), Magnesium: 21.9mg (5.47%), Potassium: 177.13mg (5.06%), Copper: 0.08mg (4.01%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.2µg (1.37%)