



Greek lamb tray bake

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g breadcrumbs fresh white
- ☐ 250 g lamb mince
- ☐ 1 eggs beaten
- ☐ 2 onions halved
- ☐ 1 large handful mint leaves chopped
- ☐ 2 large potatoes cut into wedges
- ☐ 2 courgettes cut into batons
- ☐ 12 cherry tomatoes

- ☐ 2 tbsp olive oil
- ☐ 50 g feta cheese crumbled

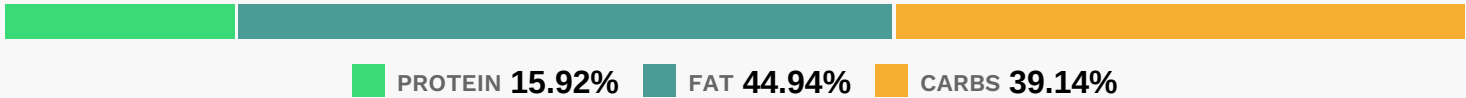
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Pop the breadcrumbs, lamb mince, egg and plenty of seasoning in a bowl. Grate in half an onion and sprinkle in half the chopped mint. Give everything a good mix and shape into 8 patties.
- ☐ Place on a large, shallow roasting tray.
- ☐ Cut the remaining onion halves into wedges.
- ☐ Place them on the tray around the lamb patties with the potatoes, courgettes and cherry tomatoes.
- ☐ Drizzle with olive oil and season.
- ☐ Bake for around 40 mins, turning everything once, until the lamb is cooked though and the vegetables are tender.
- ☐ Remove from the oven and sprinkle with feta and remaining mint.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:25.17, Inflammation Score:-8, Nutrition Score:27.208261023397%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg

Kaempferol: 1.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg

Nutrients (% of daily need)

Calories: 526.97kcal (26.35%), Fat: 26.63g (40.97%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 45.2g (16.44%), Sugar: 8.31g (9.23%), Cholesterol: 97.67mg (32.56%), Sodium: 313.67mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin C: 69.9mg (84.73%), Vitamin B6: 0.98mg (48.98%), Potassium: 1415.95mg (40.46%), Vitamin B3: 7.43mg (37.13%), Manganese: 0.73mg (36.27%), Phosphorus: 356.02mg (35.6%), Selenium: 21.43µg (30.62%), Vitamin B2: 0.52mg (30.43%), Vitamin B1: 0.45mg (29.96%), Vitamin B12: 1.8µg (29.94%), Fiber: 6.97g (27.89%), Folate: 105.06µg (26.26%), Zinc: 3.84mg (25.59%), Iron: 4.2mg (23.33%), Magnesium: 93.16mg (23.29%), Copper: 0.42mg (21.06%), Vitamin B5: 1.65mg (16.48%), Vitamin K: 16.91µg (16.11%), Calcium: 159.24mg (15.92%), Vitamin A: 604.81IU (12.1%), Vitamin E: 1.71mg (11.42%), Vitamin D: 0.33µg (2.22%)