



Greek Meatball Pitas

READY IN



12 min.

SERVINGS



4

CALORIES



178 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 0.5 cup cucumber diced
- ☐ 1 teaspoon optional: dill dried
- ☐ 0.5 pound lamb lean
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 2 tablespoons onion finely chopped
- ☐ 2 teaspoons onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 6-inch pitas cut in half ()

- ☐ 2 inch plum tomatoes
- ☐ 2 cups gourmet salad greens
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon sugar

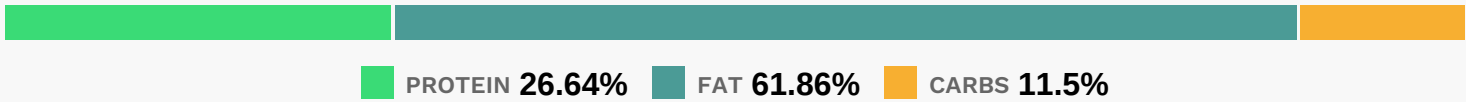
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine the first 6 ingredients. Shape mixture into 16 (1-inch) meatballs; place on a broiler pan.
- ☐ Bake at 450 for 12 minutes or until done.
- ☐ Combine yogurt and the next 4 ingredients (yogurt through sugar) in a bowl. Arrange 4 meatballs, 1/2 cup greens, and 2 tomato slices in each pita half.
- ☐ Drizzle each pita half with 1/4 cup yogurt dressing.

Nutrition Facts



Properties

Glycemic Index:85.27, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:3.4339130378288%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 177.54kcal (8.88%), Fat: 12.3g (18.93%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.19g (3.54%), Cholesterol: 43.23mg (14.41%), Sodium: 510.36mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Calcium: 78.42mg (7.84%), Vitamin C: 6.36mg (7.71%), Iron: 1.25mg (6.95%), Phosphorus: 60.8mg (6.08%), Vitamin A: 285.11IU (5.7%), Manganese: 0.1mg (5.21%), Vitamin B2: 0.09mg (5%), Potassium: 156.73mg (4.48%), Folate: 15.18µg (3.79%), Vitamin B6: 0.06mg (3.14%), Magnesium: 12.45mg (3.11%), Vitamin K: 3.15µg (3%), Vitamin B12: 0.17µg (2.86%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.38mg (2.56%), Vitamin B1: 0.03mg (2.14%), Copper: 0.04mg (1.82%), Selenium: 1.25µg (1.78%), Fiber: 0.43g (1.72%)