



Greek Pitas

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

Ingredients

- 2 tablespoons cucumber chopped
- 0.1 teaspoon rosemary dried crushed
- 0.3 teaspoon garlic powder
- 2 ounces lamb loins boneless lean
- 2 4-inch pita bread rounds cut in half crosswise ()
- 1 tablespoon nonfat yogurt plain
- 1 Dash salt
- 2 tablespoons tomatoes chopped

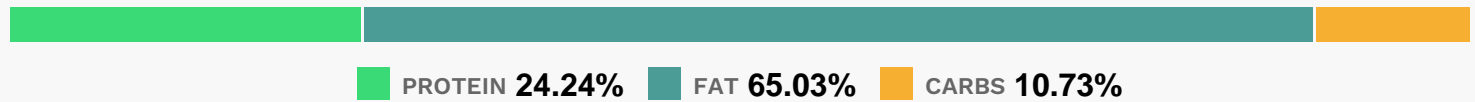
Equipment

- bowl
- frying pan
- paper towels

Directions

- Cut lamb into 1/8-inch-wide strips; place in a small bowl.
- Sprinkle garlic powder, rosemary, and salt over lamb; toss to coat.
- Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add lamb strips, and cook 5 minutes or until lamb is browned on both sides.
- Drain and pat dry with paper towels.
- Combine cucumber, tomato, and yogurt, stirring well. Spoon lamb evenly into pita halves, and top evenly with cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.9826086966888%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 47kcal (2.35%), Fat: 3.36g (5.17%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.69g (0.76%), Cholesterol: 10.45mg (3.48%), Sodium: 25.21mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B12: 0.36µg (5.97%), Vitamin B3: 0.91mg (4.55%), Selenium: 2.9µg (4.14%), Zinc: 0.57mg (3.78%), Phosphorus: 34.69mg (3.47%), Vitamin B2: 0.05mg (2.68%), Potassium: 74.66mg (2.13%), Vitamin B6: 0.03mg (1.7%), Vitamin B1: 0.03mg (1.68%), Vitamin C: 1.3mg (1.57%), Vitamin K: 1.64µg (1.56%), Iron: 0.28mg (1.55%), Vitamin B5: 0.15mg (1.52%), Magnesium: 5.91mg (1.48%), Calcium: 14.62mg (1.46%), Folate: 5.51µg (1.38%), Vitamin A: 67.36IU (1.35%), Copper: 0.03mg (1.33%), Manganese: 0.02mg (1.05%)