



Greek Pitas with Minted Cucumber Sauce

READY IN



32 min.

SERVINGS



4

CALORIES



271 kcal

Ingredients

- 1 cup baby spinach fresh
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup cucumber chopped
- 1 ounce feta cheese crumbled reduced-fat
- 1 tablespoon mint leaves fresh divided chopped
- 1 garlic clove minced
- 0.8 pound lamb lean
- 0.3 cup heavy whipping cream sour reduced-fat
- 0.3 cup onion red divided finely chopped
- 0.1 teaspoon salt

- 0.3 teaspoon salt
- 0.5 teaspoon greek seasoning blend salt-free (such as Cavender's)
- 1 cup tomatoes chopped
- 2 6-inch pitas whole wheat cut in half ()

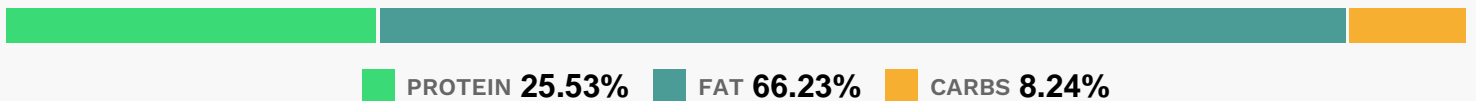
Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients, 2 tablespoons onion, 1 teaspoon mint, and 1/4 teaspoon pepper in a small bowl. Cover; chill until ready to use.
- Combine lamb, remaining 2 teaspoons mint, remaining 1/4 teaspoon pepper, and next 3 ingredients.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add lamb mixture and remaining 2 tablespoons onion; cook 7 minutes or until browned, stirring to crumble. Stir in feta; cook 1 minute or until cheese begins to melt.
- Line each pita half with 1/4 cup spinach and 3 tablespoons cucumber sauce; fill with about 1/2 cup lamb mixture and 1/4 cup tomato.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:6.6143478466117%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.56mg, Quercetin:

2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 270.6kcal (13.53%), Fat: 20.21g (31.09%), Saturated Fat: 9.94g (62.09%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.88g (2.09%), Cholesterol: 70.91mg (23.64%), Sodium: 369.89mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.05%), Vitamin K: 44.14µg (42.04%), Vitamin A: 1131.92IU (22.64%), Manganese: 0.23mg (11.39%), Vitamin C: 8.99mg (10.9%), Iron: 1.9mg (10.54%), Folate: 27.91µg (6.98%), Potassium: 208.61mg (5.96%), Calcium: 58.09mg (5.81%), Fiber: 1.31g (5.25%), Magnesium: 17.09mg (4.27%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.52mg (3.47%), Phosphorus: 31.73mg (3.17%), Vitamin B2: 0.05mg (3.03%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.54%), Vitamin B3: 0.37mg (1.86%), Zinc: 0.26mg (1.71%), Selenium: 0.95µg (1.35%), Vitamin B12: 0.06µg (1.01%)