



Greek Steak Pitas

READY IN



20 min.

SERVINGS



4

CALORIES



337 kcal

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 24 slices cucumber english
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 pound flank steak trimmed
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon olive oil

- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 cup red wine vinegar
- ☐ 1 teaspoon penzey's southwest seasoning (such as McCormick)

Equipment

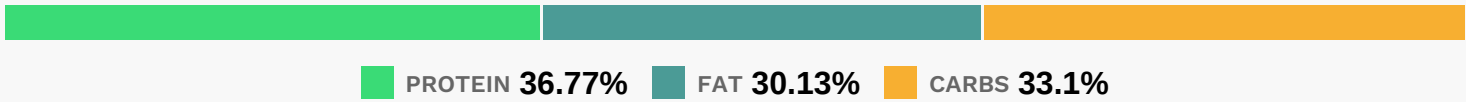
- ☐ food processor
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag; add steak to bag. Marinate 3 minutes, turning once.
- ☐ Remove steak from bag; discard marinade.
- ☐ Sprinkle steak with 1/4 teaspoon salt.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add butter and oil.
- ☐ Add steak; cook 5 minutes on each side or until desired doneness.
- ☐ Let stand 2 minutes.
- ☐ Cut steak across grain into thin slices.
- ☐ Return pan to heat.
- ☐ Add juice, garlic, and spinach; saut 1 minute.
- ☐ Remove from heat; add remaining salt.
- ☐ Spoon 2 tablespoons spinach mixture into each pita half.
- ☐ Place 1 tablespoon onion, 3 cucumber slices, and 1 1/2 ounces steak in each pita half; sprinkle 1 tablespoon cheese in each pita half.
- ☐ Combine 1 cup rinsed and drained canned chickpeas, 2 tablespoons lemon juice, 1 tablespoon tahini (roasted sesame seed paste), 1/4 teaspoon salt, and 1/8 teaspoon ground red pepper in a food processor; process until well blended. Gradually add 3 tablespoons extra-virgin olive oil; process until smooth.

Serve with red pepper slices and baby carrots.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:37.438695819482%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 336.72kcal (16.84%), Fat: 11.69g (17.99%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 23.91g (8.69%), Sugar: 11.7g (12.99%), Cholesterol: 83.34mg (27.78%), Sodium: 575.58mg (25.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.22%), Vitamin K: 317.89µg (302.75%), Vitamin A: 4755.98IU (95.12%), Vitamin B6: 1.13mg (56.44%), Selenium: 38.16µg (54.52%), Manganese: 1.02mg (50.94%), Potassium: 1619.55mg (46.27%), Phosphorus: 460.56mg (46.06%), Zinc: 6.32mg (42.16%), Vitamin C: 34.22mg (41.47%), Vitamin B3: 8.24mg (41.18%), Folate: 153.99µg (38.5%), Magnesium: 149.91mg (37.48%), Vitamin B2: 0.55mg (32.45%), Iron: 5.42mg (30.08%), Calcium: 265.14mg (26.51%), Vitamin B5: 2.55mg (25.52%), Vitamin B1: 0.32mg (21.51%), Vitamin B12: 1.27µg (21.23%), Copper: 0.42mg (21.16%), Fiber: 5g (19.98%), Vitamin E: 1.82mg (12.13%)