



Greek Steak Pitas with Dill Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 pound flank steak trimmed
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic clove minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 teaspoon oregano dried

- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 4 the of 1 cos lettuce halved
- ☐ 0.3 teaspoon salt

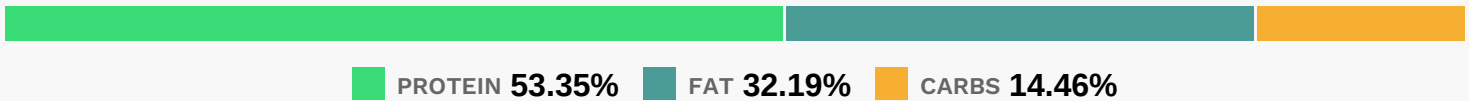
Equipment

- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ To prepare sauce, combine first 5 ingredients, stirring with a whisk.
- ☐ To prepare steak, combine juice and next 4 ingredients (juice through steak) in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once.
- ☐ Remove steak from bag; discard marinade.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices. Line each pita half with 1 lettuce leaf half. Divide steak evenly among pita halves. Spoon 1 tablespoon sauce and 1 1/2 teaspoons cheese into each pita half.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:19.433913010618%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 211.15kcal (10.56%), Fat: 7.46g (11.48%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.5g (3.89%), Cholesterol: 74.96mg (24.99%), Sodium: 318.34mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.67%), Selenium: 36.12µg (51.6%), Vitamin A: 2487.3IU (49.75%), Vitamin B6: 0.8mg (40.09%), Vitamin B3: 7.35mg (36.75%), Zinc: 4.98mg (33.18%), Vitamin K: 34.01µg (32.39%), Phosphorus: 317.65mg (31.76%), Vitamin B12: 1.34µg (22.31%), Vitamin B2: 0.29mg (17.18%), Vitamin C: 13.96mg (16.92%), Potassium: 591.66mg (16.9%), Folate: 66.5µg (16.62%), Calcium: 145.54mg (14.55%), Iron: 2.39mg (13.3%), Vitamin B5: 1.09mg (10.86%), Magnesium: 40.71mg (10.18%), Vitamin B1: 0.14mg (9.55%), Manganese: 0.18mg (8.96%), Copper: 0.12mg (6.24%), Fiber: 1.06g (4.23%), Vitamin E: 0.52mg (3.47%)