



Greek-style lamb with lemon & thyme

READY IN



40 min.

SERVINGS



6

CALORIES



1457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 lamb cutlets
- ☐ 2 lemon zest
- ☐ 3 sprigs thyme leaves
- ☐ 2 garlic clove crushed
- ☐ 200 ml greek yogurt
- ☐ 1 bag wholewheat pita breads

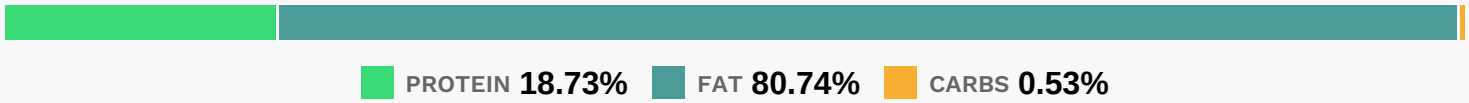
Equipment

- ☐ grill

Directions

- ☐ Sit lamb in a large shallow dish, then mix the lemon zest and juice, thyme leaves and garlic together.
- ☐ Pour over, turn to coat, and marinate at room temp for 15 mins.
- ☐ Mix the yogurt with some seasoning, lift the lamb out of the marinade and rub with the yogurt. Barbecue or grill for 5–15 mins, turning once, until the lamb is cooked to your liking. Scatter with a little more thyme, if you like, and serve with dollops of houmous, some pitta bread and salad leaves.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:31.236956495954%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1456.98kcal (72.85%), Fat: 129.11g (198.63%), Saturated Fat: 56.44g (352.75%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.01g (1.13%), Cholesterol: 312.21mg (104.07%), Sodium: 254.97mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.38g (134.77%), Vitamin B12: 9.19µg (153.09%), Vitamin B3: 25.54mg (127.7%), Selenium: 77.29µg (110.41%), Zinc: 12.23mg (81.54%), Phosphorus: 641.38mg (64.14%), Vitamin B2: 0.88mg (51.91%), Iron: 6.15mg (34.16%), Vitamin B1: 0.43mg (28.67%), Vitamin B5: 2.71mg (27.12%), Vitamin B6: 0.54mg (26.98%), Potassium: 894.39mg (25.55%), Magnesium: 84.29mg (21.07%), Copper: 0.4mg (19.95%), Folate: 65.53µg (16.38%), Calcium: 96.74mg (9.67%), Manganese: 0.1mg (5%), Vitamin C: 3.69mg (4.48%), Fiber: 0.31g (1.23%)