



Greek Taco

READY IN



110 min.

SERVINGS



4

CALORIES



1000 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cooking wine dry red
- ☐ 1 cucumber diced english seeded
- ☐ 1 cucumber english
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 1 clove garlic minced pressed
- ☐ 4 cloves garlic minced
- ☐ 2 pounds lamb

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 4 non-pocket pitas
- ☐ 0.5 onion diced red
- ☐ 0.5 onion red minced
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt
- ☐ 1 cup whole-milk greek yogurt
- ☐ 1 tablespoon tomato paste
- ☐ 2 tomatoes diced firm seeded

Equipment

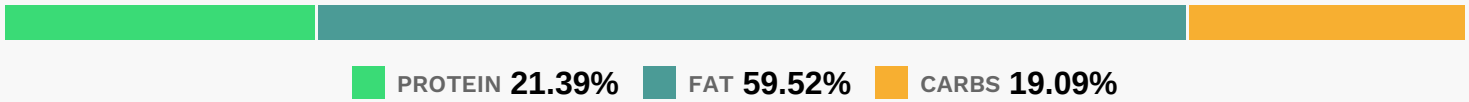
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon
- ☐ cheesecloth
- ☐ box grater

Directions

- ☐ Watch how to make this recipe.
- ☐ For the lamb: In a large skillet, heat the oil over medium-high heat.
- ☐ Add the lamb, sprinkle with salt and pepper and cook until the meat gets nice and golden brown, 10 to 12 minutes. With a slotted spoon, remove the lamb and reserve. Lower the heat to medium and saute the onions in the lamb juices until soft, about 5 minutes.
- ☐ Add the oregano and garlic and cook until fragrant. Season.

- ☐ Add the tomato paste and cook until it caramelizes. Deglaze with the red wine and scrape any bits up that have adhered to the pan.
- ☐ Add the lamb back in, stir and set aside.
- ☐ For the tzatziki: Grate the cucumber on the large holes of a box grater and place in a fine-meshed strainer or cheese cloth fitted over a bowl. Salt the cucumber and let sit 10 minutes. Then squeeze out any excess moisture.
- ☐ Add the strained cucumber into a bowl with the yogurt, feta, garlic and mint. Adjust the seasoning if necessary.
- ☐ For the cucumber tomato relish: Toss the olive oil, vinegar, tomatoes, cucumbers and onions in a bowl and adjust the seasoning if necessary. Cover and let sit at least 1 hour to marry the flavors.
- ☐ For the sandwich build: Schmear the tzatziki on the pitas, then place on the lamb and top with cucumber tomato relish.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:31.1, Inflammation Score:-9, Nutrition Score:36.57956512078%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 999.58kcal (49.98%), Fat: 65.39g (100.59%), Saturated Fat: 26.83g (167.66%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 43.3g (15.75%), Sugar: 7.47g (8.3%), Cholesterol: 184.75mg (61.58%), Sodium:

900.3mg (39.14%), Alcohol: 0.79g (100%), Alcohol %: 0.16% (100%), Protein: 52.86g (105.72%), Vitamin B12: 5.91µg (98.43%), Vitamin B3: 15.77mg (78.85%), Selenium: 51.76µg (73.95%), Zinc: 9.57mg (63.83%), Phosphorus: 612.55mg (61.26%), Vitamin B2: 0.92mg (53.99%), Vitamin K: 46.24µg (44.04%), Vitamin B1: 0.53mg (35.19%), Manganese: 0.7mg (35.16%), Potassium: 1139.57mg (32.56%), Vitamin B6: 0.63mg (31.59%), Iron: 5.67mg (31.51%), Calcium: 292.45mg (29.24%), Magnesium: 106.73mg (26.68%), Vitamin B5: 2.56mg (25.64%), Copper: 0.49mg (24.33%), Folate: 93.37µg (23.34%), Vitamin C: 17.53mg (21.25%), Vitamin A: 928.61IU (18.57%), Fiber: 3.89g (15.57%), Vitamin E: 2.15mg (14.34%), Vitamin D: 0.3µg (2.01%)