



## Grilled Lamb Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cucumber diced
- 2 teaspoons mint leaves fresh chopped
- 1 teaspoon garlic minced
- 2 teaspoons garlic minced
- 1 bell pepper green cut into 3/4-inch pieces
- 0.5 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 0.5 teaspoon horseradish prepared
- 1 pound lamb loins boneless lean

- 8 ounce carton nonfat yogurt plain
- 1.5 teaspoons olive oil
- 1 medium onion cut into 6 wedges
- 1 teaspoon pepper
- 4 7-inch pita bread rounds whole wheat ()
- 0.3 cup red wine vinegar
- 2 cups romaine lettuce shredded
- 1 large tomatoes seeded chopped
- 1 tablespoon worcestershire sauce low-sodium

## Equipment

- sauce pan
- grill
- ziploc bags
- skewers

## Directions

- Trim fat from lamb; cut lamb into 3/4-inch pieces.
- Combine vinegar and next 6 ingredients in a heavy-duty, zip-top plastic bag.
- Add meat, green pepper, and onion; seal bag, and shake until meat and vegetables are coated. Marinate in refrigerator 8 hours, turning bag occasionally.
- Combine yogurt and next 4 ingredients. Cover and chill.
- Remove meat and vegetables from marinade, reserving marinade.
- Place marinade in a saucepan; bring to a boil.
- Remove from heat; set aside. Thread meat, pepper, and onion onto 4 (15-inch) skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place kabobs on rack; grill, covered, 10 minutes or until meat is done, turning and basting often with marinade.
- Cut 1/4 inch off top of each pita round, reserving tops for another use. Fill pitas evenly with lettuce and tomato. Spoon meat and vegetables into pitas. Top with yogurt mixture.

# Nutrition Facts

PROTEIN 23.23% FAT 62.79% CARBS 13.98%

## Properties

Glycemic Index:55.5, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:22.949565234392%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

## Nutrients (% of daily need)

Calories: 413.15kcal (20.66%), Fat: 28.52g (43.88%), Saturated Fat: 11.91g (74.47%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.75g (4.27%), Sugar: 8.49g (9.44%), Cholesterol: 83.91mg (27.97%), Sodium: 181.51mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.49%), Vitamin A: 2560.94IU (51.22%), Vitamin B12: 2.97µg (49.42%), Vitamin C: 35.83mg (43.43%), Vitamin B3: 7.49mg (37.43%), Vitamin K: 37.28µg (35.5%), Selenium: 24.59µg (35.13%), Zinc: 4.76mg (31.73%), Phosphorus: 314.6mg (31.46%), Vitamin B2: 0.43mg (25.1%), Manganese: 0.45mg (22.42%), Potassium: 753.93mg (21.54%), Folate: 78.01µg (19.5%), Vitamin B6: 0.38mg (19.12%), Iron: 3.06mg (16.99%), Calcium: 168.77mg (16.88%), Vitamin B1: 0.23mg (15.52%), Magnesium: 55.77mg (13.94%), Vitamin B5: 1.31mg (13.08%), Copper: 0.23mg (11.74%), Fiber: 2.53g (10.12%), Vitamin E: 0.87mg (5.81%)