

health-score 60%

Very Healthy

Grilled Lamb with Greek Spinach Pita Salad

READY IN

ready

83 min.

SERVINGS

servings

4

CALORIES

calories

1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces baby spinach
- ☐ 0.5 cucumber english sliced
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh plus more for garnish chopped
- ☐ 4 cloves garlic coarsely chopped
- ☐ 2 teaspoons honey
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1.5 pounds lamb tenderloin trimmed of fat
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 tablespoons olive oil
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 4 pocketless pita breads
- ☐ 2 plum tomatoes sliced
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

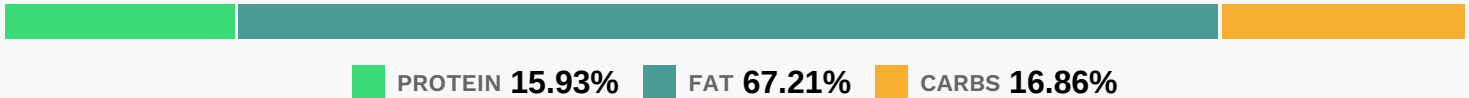
Directions

- ☐ To marinate the lamb, whisk together 4 tablespoons of the olive oil, the garlic and oregano in a medium baking dish.
- ☐ Add the lamb and turn to coat. Cover and let marinate in the refrigerator for at least 1 hour and up to 24 hours.
- ☐ Heat your grill to high.
- ☐ Remove the lamb from the marinade and season with salt and pepper on both sides.
- ☐ Place on the grill and grill until golden brown and slightly charred, 3 to 4 minutes. Turn the lamb over and continue grilling to medium-rare, 2 to 3 minutes longer.
- ☐ Remove to a cutting board, tent with foil, and let rest for 5 minutes before slicing into 1/2-inch-thick slices.
- ☐ While the lamb is resting, brush each pita on both sides with the remaining 2 tablespoons oil and season with salt and pepper. Grill until golden brown and slightly crisp, approximately 30

seconds per side.

- ☐
- To make the salad, whisk together the lemon juice, vinegar, dill, salt and pepper to taste, and the honey in a large bowl. Slowly whisk in the extra-virgin olive oil until emulsified.
- ☐
- Add the spinach, cucumber, tomatoes, olives and feta to the bowl and toss to combine.
- ☐
- Top each pita with some of the salad and top with several slices of the lamb.

Nutrition Facts



Properties

Glycemic Index:82.07, Glycemic Load:31.8, Inflammation Score:-10, Nutrition Score:40.45565194669%

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: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 1024.08kcal (51.2%), Fat: 76.66g (117.94%), Saturated Fat: 26.32g (164.52%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 39.1g (14.22%), Sugar: 4.86g (5.4%), Cholesterol: 157.55mg (52.52%), Sodium: 997.86mg (43.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.76%), Vitamin K: 252.56µg (240.53%), Vitamin A: 4535.74IU (90.71%), Vitamin B12: 4.56µg (76.05%), Vitamin B3: 12.41mg (62.05%), Selenium: 38.8µg (55.42%), Zinc: 7.82mg (52.17%), Vitamin B2: 0.85mg (49.82%), Phosphorus: 494.98mg (49.5%), Manganese: 0.95mg (47.71%), Vitamin E: 6.04mg (40.29%), Folate: 153.98µg (38.5%), Calcium: 363.2mg (36.32%), Iron: 6.23mg (34.59%), Vitamin B1: 0.46mg (30.89%), Vitamin B6: 0.59mg (29.64%), Magnesium: 108.66mg (27.17%), Vitamin C: 21.35mg (25.88%), Potassium: 895.1mg (25.57%), Copper: 0.41mg (20.31%), Vitamin B5: 1.9mg (19%), Fiber: 4.19g (16.76%), Vitamin D: 0.32µg (2.13%)