



Gyro Grilled Cheese Sandwich (aka Gyro Melt)

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature
- ☐ 2 tablespoons feta crumbled room temperature
- ☐ 0.3 cup slow roast lamb
- ☐ 0.5 cup mozzarella cheese shredded room temperature
- ☐ 1 serving onion diced sweet sliced to taste
- ☐ 2 slices tomatoes room temperature
- ☐ 2 tablespoons tzatziki room temperature

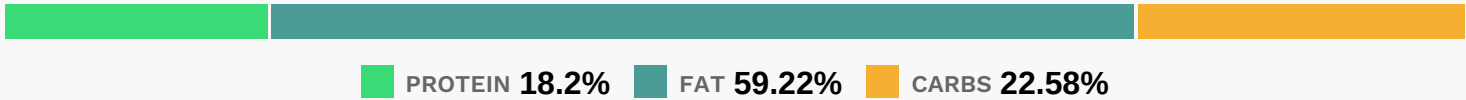
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a non-stick pan over medium heat. Butter the outside of each slice of bread, sprinkle half of the cheeses on the inside of one slice of bread, top with the roast lamb, tomato, onion, tzatziki, the remaining cheese and finally the other slice of bread.
- ☐ Add the sandwich to the pan and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:200.67, Glycemic Load:15.53, Inflammation Score:-9, Nutrition Score:28.153912875963%

Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 21.8mg, Quercetin: 21.8mg, Quercetin: 21.8mg, Quercetin: 21.8mg

Nutrients (% of daily need)

Calories: 780.79kcal (39.04%), Fat: 51.79g (79.67%), Saturated Fat: 26.51g (165.72%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 40.21g (14.62%), Sugar: 13.64g (15.16%), Cholesterol: 152.78mg (50.93%), Sodium: 1293.06mg (56.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.61%), Selenium: 42.75µg (61.07%), Calcium: 608.24mg (60.82%), Vitamin B12: 3.24µg (54.02%), Phosphorus: 534.2mg (53.42%), Vitamin B2: 0.76mg (44.43%), Manganese: 0.88mg (43.96%), Vitamin B3: 7.57mg (37.87%), Zinc: 5.51mg (36.74%), Vitamin B1: 0.45mg (29.72%), Folate: 115.61µg (28.9%), Vitamin A: 1424.32IU (28.49%), Vitamin B6: 0.54mg (27%), Iron: 3.93mg (21.85%), Magnesium: 72.58mg (18.15%), Vitamin C: 14.61mg (17.71%), Fiber: 4.22g (16.88%), Potassium: 581.37mg (16.61%), Vitamin B5: 1.46mg (14.6%), Copper: 0.27mg (13.72%), Vitamin K: 12.46µg (11.87%), Vitamin E: 1.04mg (6.92%), Vitamin D: 0.42µg (2.79%)