



Gyros

 Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



1712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cucumber seeded chopped
- 2 garlic clove finely chopped
- 0.5 teaspoon ground cumin
- 1 pound lamb
- 1 tablespoon juice of lemon
- 2 cups lettuce shredded
- 1 tablespoon mint leaves dried fresh chopped
- 0.3 cup onion chopped

- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 4 6-inch wholewheat pita breads (es in diameter)
- 0.5 cup yogurt plain
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 0.8 cup tomatoes chopped
- 2 tablespoons vegetable oil
- 2 tablespoons water

Equipment

- bowl
- frying pan
- knife

Directions

- Split each pita bread halfway around edge with knife; separate to form pocket.
- Mix yogurt, mint and sugar in small bowl. Stir in cucumber.
- Mix lamb, water, lemon juice, salt, cumin, oregano, pepper, garlic and onion. Shape mixture into 4 thin patties.
- Heat oil in 10-inch skillet over medium heat. Cook patties in oil 10 to 12 minutes, turning frequently, until no longer pink in center.
- Place cooked patty in each pita pocket. Top with yogurt mixture, lettuce and tomato.

Nutrition Facts

 PROTEIN **19.66%**  FAT **72.93%**  CARBS **7.41%**

Properties

Glycemic Index:370.09, Glycemic Load:9.6, Inflammation Score:-10, Nutrition Score:54.643043590629%

Flavonoids

Eriodictyol: 2.28mg, Eriodictyol: 2.28mg, Eriodictyol: 2.28mg, Eriodictyol: 2.28mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

Nutrients (% of daily need)

Calories: 1712.34kcal (85.62%), Fat: 138.45g (213%), Saturated Fat: 53.09g (331.83%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 25.89g (9.41%), Sugar: 19.05g (21.17%), Cholesterol: 347.05mg (115.68%), Sodium: 1538.02mg (66.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.98g (167.96%), Vitamin B12: 10.93µg (182.19%), Vitamin B3: 28.37mg (141.87%), Selenium: 89.43µg (127.76%), Vitamin K: 124.66µg (118.72%), Zinc: 17.09mg (113.92%), Phosphorus: 941.85mg (94.19%), Vitamin B2: 1.26mg (73.86%), Potassium: 1969mg (56.26%), Iron: 9.81mg (54.49%), Vitamin B6: 0.98mg (49.15%), Vitamin B1: 0.72mg (48.21%), Folate: 182.7µg (45.68%), Vitamin C: 35.47mg (43%), Manganese: 0.85mg (42.66%), Vitamin A: 2093.94IU (41.88%), Magnesium: 163.28mg (40.82%), Vitamin B5: 4.05mg (40.48%), Copper: 0.73mg (36.43%), Calcium: 337.56mg (33.76%), Vitamin E: 4.35mg (29.03%), Fiber: 5.76g (23.05%), Vitamin D: 0.58µg (3.84%)