



Gyros

 Very Healthy

READY IN



40 min.

SERVINGS



3

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 6-inch wholewheat pita breads (es in diameter)
- ☐ 0.5 cup yogurt plain
- ☐ 1 tablespoon mint leaves dried fresh chopped
- ☐ 1 teaspoon sugar
- ☐ 0.8 cup cucumber seeded chopped
- ☐ 1 pound lamb
- ☐ 2 tablespoons water
- ☐ 1 tablespoon juice of lemon

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups lettuce shredded
- ☐ 0.8 cup tomatoes chopped

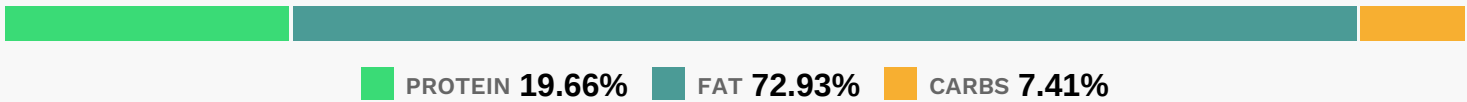
Equipment

- ☐ 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



Properties

Glycemic Index:123.36, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:20.886956536252%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 570.78kcal (28.54%), Fat: 46.15g (71%), Saturated Fat: 17.7g (110.61%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 8.63g (3.14%), Sugar: 6.35g (7.06%), Cholesterol: 115.68mg (38.56%), Sodium: 512.67mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.99%), Vitamin B12: 3.64µg (60.73%), Vitamin B3: 9.46mg (47.29%), Selenium: 29.81µg (42.59%), Vitamin K: 41.55µg (39.57%), Zinc: 5.7mg (37.97%), Phosphorus: 313.95mg (31.4%), Vitamin B2: 0.42mg (24.62%), Potassium: 656.33mg (18.75%), Iron: 3.27mg (18.16%), Vitamin B6: 0.33mg (16.38%), Vitamin B1: 0.24mg (16.07%), Folate: 60.9µg (15.23%), Vitamin C: 11.82mg (14.33%), Manganese: 0.28mg (14.22%), Vitamin A: 697.98IU (13.96%), Magnesium: 54.43mg (13.61%), Vitamin B5: 1.35mg (13.49%), Copper: 0.24mg (12.14%), Calcium: 112.52mg (11.25%), Vitamin E: 1.45mg (9.68%), Fiber: 1.92g (7.68%), Vitamin D: 0.19µg (1.28%)