



Gyros

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup cucumber shredded peeled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon garlic powder
- ☐ 6 ounces lamb
- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 ounces ground sirloin

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 4 pocketless pitas
- ☐ 0.3 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

- ☐ paper towels
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ To prepare loaves, combine first 8 ingredients, stirring well. Divide mixture in half, forming each half into a 6 x 3-inch loaf.
- ☐ Place each loaf on a broiler pan coated with cooking spray; broil 7 minutes on each side or until done.
- ☐ Sprinkle loaves with red pepper.
- ☐ Cut each loaf crosswise into 1/8-inch slices.
- ☐ To prepare sauce, place cucumber and onion onto several layers of heavy-duty paper towels. Cover with additional paper towels; let stand 5 minutes.
- ☐ Combine cucumber mixture, mint, and next 5 ingredients (mint through yogurt), stirring well. Divide meat slices evenly among pitas; top each serving with about 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:29.61, Inflammation Score:-6, Nutrition Score:15.495652045893%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 417.11kcal (20.86%), Fat: 17.25g (26.54%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 37.76g (13.73%), Sugar: 5.43g (6.03%), Cholesterol: 61.09mg (20.36%), Sodium: 618.05mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.19%), Vitamin B12: 2.25µg (37.52%), Phosphorus: 304.59mg (30.46%), Zinc: 4.56mg (30.41%), Vitamin B3: 5.89mg (29.42%), Selenium: 17.53µg (25.05%), Vitamin B2: 0.36mg (21.38%), Manganese: 0.43mg (21.33%), Calcium: 199.72mg (19.97%), Vitamin B1: 0.27mg (18.06%), Vitamin B6: 0.34mg (17.03%), Iron: 2.86mg (15.9%), Potassium: 537.59mg (15.36%), Magnesium: 51.65mg (12.91%), Vitamin B5: 1.23mg (12.27%), Copper: 0.23mg (11.31%), Folate: 41.23µg (10.31%), Fiber: 2.21g (8.86%), Vitamin K: 7.96µg (7.58%), Vitamin C: 4.81mg (5.83%), Vitamin E: 0.38mg (2.54%), Vitamin A: 116.45IU (2.33%)