



Kibbe Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup alfalfa sprouts
- 0.5 cup bulgur uncooked (cracked wheat)
- 3 tablespoons cucumber dressing fat-free
- 3 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 1 Dash ground allspice
- 5 ounces lamb lean
- 4 leaf lettuce leaves green

- 3 tablespoons onion finely chopped
- 0.1 teaspoon pepper
- 2 teaspoons pinenuts chopped
- 1 8-inch pita bread round cut in half crosswise ()
- 0.1 teaspoon salt
- 0.7 cup water boiling

Equipment

- bowl
- oven
- broiler pan

Directions

- Pour water over bulgur in a small bowl; cover and let stand 15 minutes.
- Drain thoroughly.
- Combine bulgur, lamb, and next 7 ingredients in a medium bowl, stirring well. Shape mixture into 10 (1 1/2-inch) meatballs.
- Place meatballs on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 30 minutes or until done.
- Line each pita half with 2 lettuce leaves; place 1/4 cup sprouts and 5 meatballs in each. Top evenly with cucumber dressing.

Nutrition Facts



PROTEIN 20.33% **FAT 46.55%** **CARBS 33.12%**

Properties

Glycemic Index:124, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:10.342608705811%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg,

Isorhamnetin: 0.75mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg
Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 3.31mg, Quercetin: 3.31mg,
Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 331.89kcal (16.59%), Fat: 18g (27.69%), Saturated Fat: 7.19g (44.91%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 23.42g (8.52%), Sugar: 1.11g (1.24%), Cholesterol: 51.74mg (17.25%), Sodium: 213.09mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.37%), Vitamin K: 106.4µg (101.33%), Fiber: 5.37g (21.5%), Iron: 2.99mg (16.61%), Manganese: 0.31mg (15.75%), Phosphorus: 150.89mg (15.09%), Vitamin C: 11.54mg (13.98%), Vitamin A: 689.4IU (13.79%), Potassium: 263.08mg (7.52%), Folate: 20.03µg (5.01%), Copper: 0.1mg (4.79%), Magnesium: 17.53mg (4.38%), Calcium: 37.66mg (3.77%), Vitamin B6: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.38mg (2.52%), Vitamin B2: 0.04mg (2.06%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.64%), Vitamin B3: 0.29mg (1.45%)