



Lamb and Red Pepper Pita Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup cucumber thinly sliced
- 0.5 cup breadcrumbs plain dry
- 1 egg white
- 2 ounces feta cheese crumbled
- 0.5 cup flat-leaf parsley leaves fresh
- 0.5 teaspoon ground cumin
- 6 ounces lamb
- 0.3 teaspoon ground pepper red

- 6 ounces ground sirloin 90% lean
- 0.5 teaspoon kosher salt
- 6 leaf lettuce leaves green
- 0.5 teaspoon oregano dried
- 3 6-inch pitas whole-wheat halved ()
- 0.5 cup onion red chopped
- 0.5 cup bottled roasted bell peppers red chopped

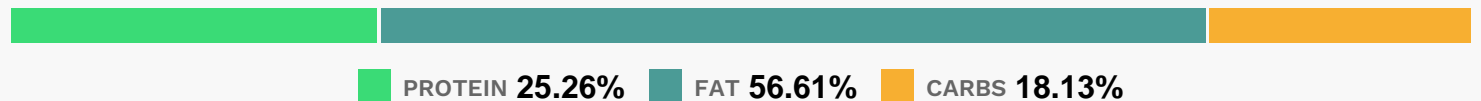
Equipment

- food processor
- bowl
- frying pan

Directions

- Place first 10 ingredients in a food processor; process until smooth.
- Place breadcrumb mixture in a bowl; add lamb, beef, and feta, stirring gently to combine. Shape mixture into 12 (2-ounce) patties. Refrigerate 10 minutes to set.
- Heat a large nonstick skillet over medium-high heat.
- Add 6 patties to pan; cook 4 minutes on each side or until desired degree of doneness.
- Remove from pan; repeat procedure with remaining patties.
- Place 1 lettuce leaf, about 4 cucumber slices, and 2 lamb patties in each pita half.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:14.01652190478%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 217.93kcal (10.9%), Fat: 13.58g (20.9%), Saturated Fat: 5.95g (37.17%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.6g (3.13%), Sugar: 1.38g (1.54%), Cholesterol: 48.38mg (16.13%), Sodium: 577.75mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.28%), Vitamin K: 87.65µg (83.48%), Vitamin B12: 1.47µg (24.43%), Selenium: 14.65µg (20.93%), Vitamin B3: 3.89mg (19.46%), Zinc: 2.78mg (18.53%), Vitamin C: 13.59mg (16.47%), Phosphorus: 154.22mg (15.42%), Vitamin B2: 0.26mg (15.24%), Vitamin A: 644.58IU (12.89%), Iron: 2.2mg (12.22%), Vitamin B6: 0.24mg (11.96%), Vitamin B1: 0.17mg (11.03%), Calcium: 94.48mg (9.45%), Manganese: 0.19mg (9.41%), Folate: 34.24µg (8.56%), Potassium: 269.04mg (7.69%), Magnesium: 25.46mg (6.36%), Copper: 0.12mg (5.84%), Vitamin B5: 0.57mg (5.65%), Fiber: 1.19g (4.77%), Vitamin E: 0.29mg (1.96%)