



Lamb Exohiko (Lamb, Spinach and Cheese Stuffed Phyllo Parcels)



Very Healthy



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon optional: dill chopped
- ☐ 2 tablespoons feta crumbled
- ☐ 1 clove garlic chopped
- ☐ 0.3 bell pepper green thinly sliced
- ☐ 2 green onions sliced
- ☐ 0.5 pound lamb loins cooked
- ☐ 0.3 cup olive oil melted

- ☐ 0.5 small onion thinly sliced
- ☐ 4 servings bell pepper to taste
- ☐ 8 sheets phyllo dough
- ☐ 4 cups pkt spinach fresh
- ☐ 1 inch tomatoes ripe

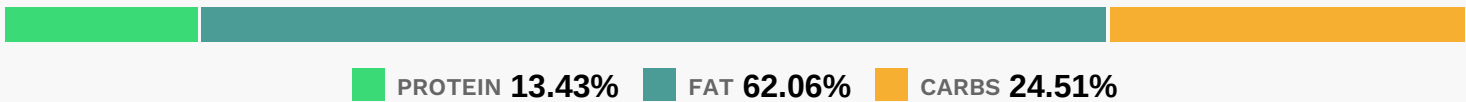
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oil in a pan over medium heat, add the spinach and garlic and cook until the spinach is wilted and most of the liquid has cooked off, about 3–5 minutes.
- ☐ Remove from heat, mix in the feta, green onions and dill, season with pepper and set aside.Return the pan to the heat, add the oil, onions and green pepper and saute until just tender, about 3–5 minutes and set aside.
- ☐ Brush a sheet of phyllo dough with butter followed by a second sheet and more butter.
- ☐ Place 1/4 of each of the lamb, spinach, onions and peppers, tomato and cheese onto the phyllo dough, fold the dough up wrapping to cover and brush the top with more butter. Repeat three more times.
- ☐ Place the parcels on a baking sheet and bake in a preheated 350F oven until lightly golden brown on top, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:8.85, Inflammation Score:-10, Nutrition Score:29.394347880198%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 449.83kcal (22.49%), Fat: 31.26g (48.09%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 24.38g (8.86%), Sugar: 4.04g (4.49%), Cholesterol: 48.96mg (16.32%), Sodium: 342.6mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Vitamin K: 172.89µg (164.66%), Vitamin C: 111.95mg (135.7%), Vitamin A: 5282.15IU (105.64%), Folate: 145.35µg (36.34%), Selenium: 21.35µg (30.5%), Vitamin B3: 6.05mg (30.23%), Manganese: 0.59mg (29.55%), Vitamin B2: 0.45mg (26.52%), Vitamin E: 3.96mg (26.37%), Vitamin B12: 1.45µg (24.22%), Vitamin B1: 0.36mg (23.87%), Vitamin B6: 0.44mg (21.86%), Iron: 3.52mg (19.54%), Phosphorus: 187.84mg (18.78%), Zinc: 2.77mg (18.46%), Potassium: 531.59mg (15.19%), Magnesium: 54.99mg (13.75%), Fiber: 3.4g (13.61%), Calcium: 98.91mg (9.89%), Vitamin B5: 0.85mg (8.49%), Copper: 0.17mg (8.3%)