



Lamb Fajitas with Cucumber-Dill Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings cucumber-dill sauce
- 4 8-inch flour tortillas ()
- 0.3 cup mint leaves fresh thinly sliced
- 2 garlic cloves minced
- 0.8 pound leg of lamb boneless lean
- 1 teaspoon olive oil
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper

0.3 teaspoon salt

Equipment

frying pan

ziploc bags

Directions

Trim fat from lamb, and cut into thin strips.

Combine lamb and next 5 ingredients (lamb through garlic) in a zip-top heavy-duty plastic bag; seal bag, and shake well to coat. Marinate in refrigerator 20 minutes.

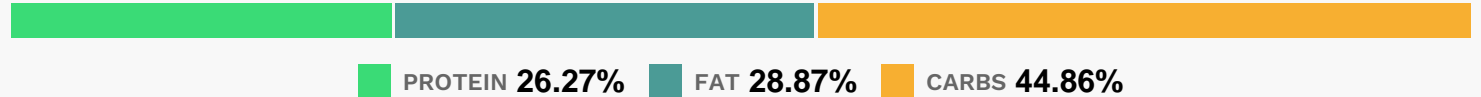
Heat tortillas according to package directions.

Heat 1 teaspoon oil in a nonstick skillet over medium-high heat.

Add lamb; saut 6 minutes. Divide lamb evenly among tortillas; sprinkle with mint, and roll up.

Serve with Cucumber-Dill Sauce.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:8.12, Inflammation Score:-5, Nutrition Score:12.105217456818%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 238.71kcal (11.94%), Fat: 7.54g (11.6%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 24.19g (8.8%), Sugar: 1.92g (2.13%), Cholesterol: 34.29mg (11.43%), Sodium: 555.22mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Selenium: 24.2µg (34.56%), Vitamin B3: 5.67mg (28.33%), Vitamin B12: 1.45µg (24.11%), Vitamin B1: 0.34mg (22.5%), Phosphorus: 213.45mg (21.35%),

Manganese: 0.35mg (17.65%), Iron: 3.11mg (17.29%), Vitamin B2: 0.29mg (16.98%), Folate: 64.28µg (16.07%), Zinc: 2.39mg (15.91%), Calcium: 92.08mg (9.21%), Fiber: 2.18g (8.73%), Vitamin B6: 0.15mg (7.33%), Magnesium: 29.26mg (7.31%), Potassium: 246.21mg (7.03%), Copper: 0.14mg (6.89%), Vitamin K: 6.06µg (5.77%), Vitamin B5: 0.49mg (4.92%), Vitamin A: 132.26IU (2.65%), Vitamin E: 0.31mg (2.07%), Vitamin C: 1.45mg (1.76%)