



HEALTH SCORE

67%

Lamb Fattoush



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cucumber peeled halved seeded cut into 1/2-inch dice
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green cut into 1/2-inch dice
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1.5 pounds butterflied leg of lamb
- ☐ 5 tablespoons juice of lemon (from 2 lemons)

- ☐ 0.3 cup olive oil
- ☐ 3 1-inch pitas
- ☐ 1 small onion red chopped
- ☐ 1 teaspoon salt
- ☐ 6 scallions including tops green cut into thin slices
- ☐ 1 pound tomatoes cut into 1/2-inch dice (2 large)

Equipment

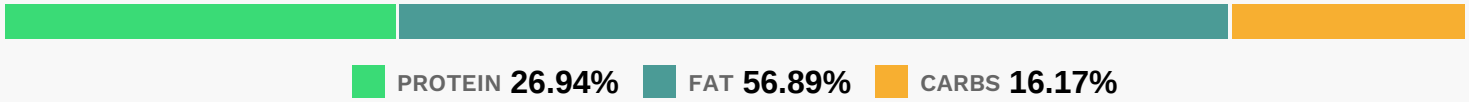
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ Heat the oven to 37
- ☐ Put the pitas in a single layer on a baking sheet and toast in the oven until brown, about 12 minutes.
- ☐ Let cool.
- ☐ Light a grill or heat the broiler. Coat the lamb with the 1 tablespoon oil and season with 1/4 teaspoon of the salt and 1/4 teaspoon of the black pepper. Grill over moderate heat for 10 minutes. Turn and cook until done to your taste, about 10 minutes longer, depending on the thickness, for medium rare. Alternatively, broil the meat, 6 inches from the heat if possible, for the same amount of time.
- ☐ Transfer the lamb to a carving board and let rest for 10 minutes. Carve into thin slices against the grain.
- ☐ Meanwhile, in a large glass or stainless-steel bowl, whisk together the lemon juice, garlic, and the remaining 3/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add the 1/3 cup oil slowly, whisking.

- ☐
- Add the tomatoes, cucumber, bell pepper, scallions, onion, mint, parsley, and pitas.
- ☐
- Serve topped with the lamb.
- ☐
- Wine Recommendation: The great red wines of the Loire Valley are made almost exclusively from cabernet franc, which imbues them with strawberry aromas, cassis and berry flavors, and a distinct leafy note. It all adds up to a fabulous match for this salad. Go for a young Saumur–Champigny or Chinon.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:2.92, Inflammation Score:-9, Nutrition Score:28.055217556331%

Flavonoids

Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 8.4mg, Apigenin: 8.4mg, Apigenin: 8.4mg, Apigenin: 8.4mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 363.86kcal (18.19%), Fat: 23.45g (36.07%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 10.91g (3.97%), Sugar: 6.85g (7.61%), Cholesterol: 68.58mg (22.86%), Sodium: 668.7mg (29.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.97%), Vitamin K: 126.71µg (120.68%), Vitamin C: 62.01mg (75.16%), Vitamin B12: 2.89µg (48.22%), Vitamin B3: 7.84mg (39.22%), Selenium: 25.86µg (36.94%), Vitamin A: 1846.24IU (36.92%), Zinc: 4.74mg (31.6%), Phosphorus: 282.72mg (28.27%), Potassium: 907.98mg (25.94%), Vitamin E: 3.74mg (24.92%), Vitamin B6: 0.47mg (23.5%), Manganese: 0.46mg (22.97%), Folate: 88.03µg (22.01%), Vitamin B2: 0.36mg (21.38%), Iron: 3.56mg (19.77%), Vitamin B1: 0.27mg (18.26%), Magnesium: 68.43mg (17.11%), Copper: 0.34mg (16.97%), Fiber: 4.08g (16.34%), Vitamin B5: 1.21mg (12.08%), Calcium: 76.86mg (7.69%)