



Lamb Gyro with Tzatziki Sauce and Spicy Sour Cream Sauce

READY IN



70 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 small cucumber grated
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 6 ounces feta crumbled
- ☐ 3 cloves garlic crushed
- ☐ 8 servings iceberg lettuce shredded
- ☐ 0.5 juice of lemon

- ☐ 1 juice of lemon
- ☐ 8 servings kosher salt
- ☐ 1 lemon zest
- ☐ 1 Bunch mint leaves fresh finely chopped
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 pocketless pita bread
- ☐ 2 pounds shoulder boneless trimmed cut into 1 1/2-inch chunks
- ☐ 1 teaspoon salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 tablespoons sriracha sauce
- ☐ 2 tomatoes thinly sliced
- ☐ 1 cup yogurt greek-style

Equipment

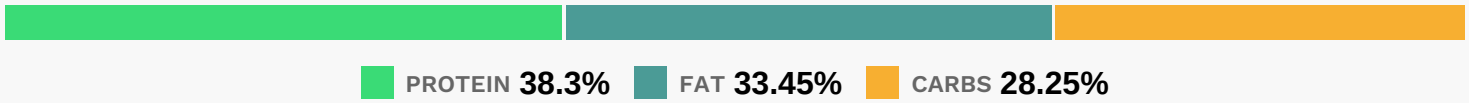
- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ In a large bowl, toss the cubed lamb with the garlic, thyme, oregano, rosemary, and lemon juice. Coat the lamb completely.
- ☐ Let the lamb marinate for 30 minutes.
- ☐ Heat a large, deep skillet over high heat and drizzle in the remaining 2 tablespoons of olive oil. Season the lamb with 1 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Add the lamb to the skillet and cook until browned on all sides and cooked to medium-rare, about 4 minutes on each side.
- ☐ Heat the pita bread in a dry pan or in the microwave for just a few seconds until warm and pliable. On each piece of bread, lay a few pieces of lamb, some tomato slices, lettuce, feta and a spoonful of each sauce.

- ☐
- Transfer to a serving platter, fold and enjoy!
- ☐
- In a small bowl, combine the cucumber, mint, dill, lemon zest, and yogurt. Season with salt, to taste, and serve with the gyros.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:30.27, Inflammation Score:-8, Nutrition Score:30.792608481386%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 570.7kcal (28.53%), Fat: 20.91g (32.17%), Saturated Fat: 8.84g (55.23%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 36.66g (13.33%), Sugar: 4.86g (5.41%), Cholesterol: 165.28mg (55.09%), Sodium: 1201.28mg (52.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.89g (107.78%), Zinc: 11.36mg (75.76%), Vitamin B12: 4.06µg (67.74%), Vitamin B2: 1.14mg (66.95%), Vitamin B3: 10.26mg (51.29%), Phosphorus: 510.62mg (51.06%), Iron: 7.37mg (40.97%), Vitamin B6: 0.78mg (39.01%), Selenium: 27.1µg (38.71%), Vitamin K: 33.13µg (31.55%), Vitamin B1: 0.43mg (28.49%), Manganese: 0.53mg (26.32%), Copper: 0.5mg (24.94%), Calcium: 247.45mg (24.75%), Potassium: 754.72mg (21.56%), Vitamin A: 1019.69IU (20.39%), Vitamin B5: 1.95mg (19.5%), Folate: 71.91µg (17.98%), Magnesium: 69.97mg (17.49%), Vitamin C: 13.72mg (16.63%), Vitamin E: 2.13mg (14.22%), Fiber: 3.09g (12.35%)