



Lamb Pita Pockets

READY IN



15 min.

SERVINGS



4

CALORIES



638 kcal

Ingredients

- ☐ 0.3 cup feta cheese crumbled
- ☐ 3 tablespoons bottled greek dressing
- ☐ 2.5 cups lamb loins diced cooked
- ☐ 1 tablespoon olive oil
- ☐ 4 pita rounds whole wheat warmed halved
- ☐ 1.5 cups romaine lettuce chopped
- ☐ 2 small tomatoes sliced
- ☐ 4 servings yogurt sauce

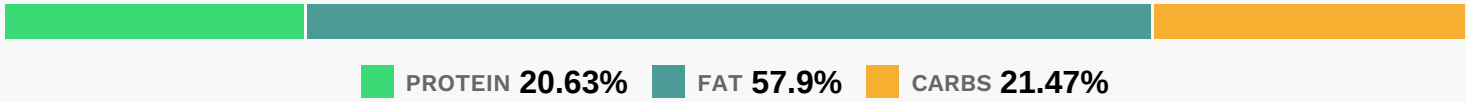
Equipment

☐ frying pan

Directions

- ☐ Saut lamb in hot olive oil in a medium skillet over high heat 2 minutes or until hot.
- ☐ Combine romaine lettuce, feta cheese, tomatoes, and 3 Greek dressing. Divide lamb among pita rounds. Top with lettuce mixture and Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:27.710869675097%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 638.15kcal (31.91%), Fat: 41.31g (63.55%), Saturated Fat: 16.97g (106.04%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 30.14g (10.96%), Sugar: 3.43g (3.81%), Cholesterol: 116.98mg (38.99%), Sodium: 438.14mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.23%), Selenium: 55.05µg (78.65%), Vitamin B12: 3.66µg (60.94%), Manganese: 1.09mg (54.27%), Vitamin B3: 10.85mg (54.23%), Zinc: 6.35mg (42.31%), Phosphorus: 397mg (39.7%), Vitamin A: 1955.15IU (39.1%), Vitamin B2: 0.49mg (28.7%), Vitamin K: 30.05µg (28.61%), Vitamin B1: 0.4mg (26.61%), Iron: 4.39mg (24.38%), Vitamin B6: 0.44mg (21.87%), Folate: 80.87µg (20.22%), Magnesium: 80.3mg (20.08%), Copper: 0.35mg (17.6%), Fiber: 4.33g (17.33%), Potassium: 598.09mg (17.09%), Vitamin B5: 1.62mg (16.24%), Calcium: 102.38mg (10.24%), Vitamin E: 1.43mg (9.52%), Vitamin C: 6.94mg (8.42%), Vitamin D: 0.19µg (1.24%)