



Lamb Pitas with Feta Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



268 kcal

Ingredients

- ☐ 5 inch cucumber
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 pound lamb lean

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 10 romaine lettuce leaves
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 2.5 inch tomatoes
- ☐ 0.5 cup wheat germ toasted
- ☐ 5 6-inch pitas whole wheat cut in half

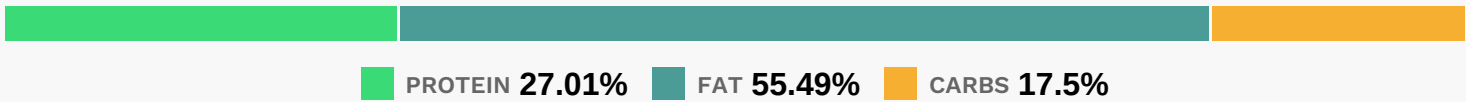
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 10 ingredients in a large bowl.
- ☐ Add lamb; stir just until combined. Divide mixture into 10 equal portions, shaping each into a 1/4-inch-thick oval patty.
- ☐ Place patties on a broiler pan coated with cooking spray. Broil 2 minutes on each side or until done.
- ☐ Combine cheese and yogurt in a small bowl; set aside.
- ☐ Arrange 1 patty, 2 cucumber slices, 1 lettuce leaf, and 1 tomato slice in each pita half.
- ☐ Drizzle each pita half with about 1 1/2 teaspoons cheese mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:19.32652183201%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 268.02kcal (13.4%), Fat: 17.02g (26.19%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 8.58g (3.12%), Sugar: 2.19g (2.43%), Cholesterol: 55.99mg (18.66%), Sodium: 408.03mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Vitamin A: 5050.75IU (101.02%), Manganese: 1.76mg (88.04%), Vitamin K: 64.57µg (61.49%), Folate: 115.81µg (28.95%), Vitamin B1: 0.28mg (18.49%), Iron: 3.07mg (17.05%), Selenium: 10.55µg (15.07%), Phosphorus: 143.86mg (14.39%), Fiber: 3.5g (13.98%), Vitamin B6: 0.24mg (12.11%), Zinc: 1.78mg (11.85%), Magnesium: 45.39mg (11.35%), Potassium: 323.24mg (9.24%), Calcium: 82.82mg (8.28%), Vitamin B2: 0.14mg (8.26%), Copper: 0.15mg (7.45%), Vitamin B3: 1.13mg (5.67%), Vitamin C: 4.01mg (4.86%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.32mg (2.12%), Vitamin B12: 0.07µg (1.25%)