



Lamb Pitas with Lemon-Mint Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 cup cucumber peeled seeded thinly sliced
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 ounces lamb
- ☐ 6 ounces ground sirloin

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.7 cup yogurt plain low-fat
- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 roasted peppers red cut into 1/4-inch strips (1/2 cup)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

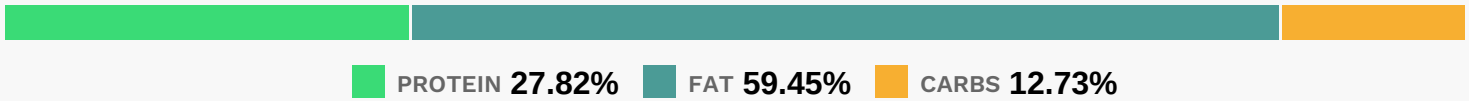
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare sauce, combine the first 5 ingredients in a small bowl; cover and chill until ready to serve.
- ☐ To prepare sandwiches, heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb and beef to pan; cook 5 minutes or until browned, stirring to crumble.
- ☐ Drain well, and set aside. Wipe pan with a paper towel.
- ☐ Lightly coat the pan with cooking spray; return to heat.
- ☐ Add onion; saut 3 minutes or until tender. Stir in meat mixture, thyme, ground cumin, 1/4 teaspoon salt, crushed red pepper, and garlic. Reduce heat to low; cook for 2 minutes, stirring occasionally.
- ☐ Remove from heat; stir in parsley. Fill each pita half with 1/4 cup lamb mixture, 2 tablespoons cucumbers, about 1 tablespoon roasted peppers, and about 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:15.869999950347%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 262.41kcal (13.12%), Fat: 17.22g (26.49%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 6.88g (2.5%), Sugar: 4.28g (4.75%), Cholesterol: 62.41mg (20.8%), Sodium: 564.34mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.27%), Vitamin K: 66.44µg (63.28%), Vitamin B12: 2.13µg (35.56%), Zinc: 3.96mg (26.39%), Vitamin B3: 4.85mg (24.23%), Vitamin C: 19.82mg (24.03%), Selenium: 16.5µg (23.57%), Phosphorus: 223.69mg (22.37%), Vitamin B6: 0.33mg (16.38%), Vitamin B2: 0.28mg (16.35%), Iron: 2.45mg (13.59%), Potassium: 468.85mg (13.4%), Calcium: 125mg (12.5%), Vitamin A: 608.66IU (12.17%), Manganese: 0.19mg (9.46%), Magnesium: 37.78mg (9.45%), Vitamin B5: 0.91mg (9.07%), Folate: 35.35µg (8.84%), Vitamin B1: 0.12mg (7.97%), Copper: 0.16mg (7.97%), Fiber: 1.41g (5.66%), Vitamin E: 0.33mg (2.2%)