



WHATSheATE



Lamb Pockets with Cucumber Topping

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cucumber grated
- ☐ 0.3 teaspoon dillweed dried
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions sliced
- ☐ 1 pound ground round
- ☐ 8 leaf lettuce leaves green
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 4 6-inch pita bread rounds whole wheat cut in half crosswise ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.8 cup tomatoes chopped

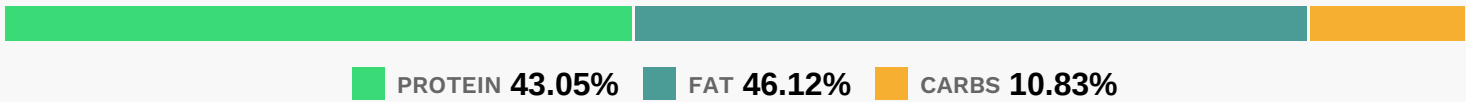
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Press cucumber between layers of paper towels to remove excess moisture.
- ☐ Combine cucumber, yogurt, seasoned salt, and dillweed; cover and chill.
- ☐ Cook meat, chopped onion, and garlic in a large nonstick skillet over medium-high heat until meat is browned, stirring until it crumbles.
- ☐ Drain, if necessary. Stir in 1/4 teaspoon salt and pepper.
- ☐ Combine tomato and green onions. Line each pita half with a lettuce leaf; top evenly with meat mixture, cucumber mixture, and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:7.5839130411977%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 119.2kcal (5.96%), Fat: 5.99g (9.21%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.99g (2.21%), Cholesterol: 37.77mg (12.59%), Sodium: 197.74mg (8.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Vitamin B12: 1.34µg (22.31%), Zinc: 2.94mg (19.61%), Vitamin B3: 3.03mg (15.13%), Selenium: 10.26µg (14.66%), Phosphorus: 137.86mg (13.79%), Vitamin B6: 0.25mg (12.59%), Vitamin K: 10.65µg (10.14%), Potassium: 295.66mg (8.45%), Iron: 1.47mg (8.15%), Vitamin B2: 0.13mg (7.86%), Vitamin B5: 0.5mg (4.97%), Vitamin A: 243.65IU (4.87%), Magnesium: 19.42mg (4.85%), Vitamin C: 3.75mg (4.55%), Calcium: 43.99mg (4.4%), Manganese: 0.07mg (3.64%), Copper: 0.07mg (3.57%), Folate: 13.04µg (3.26%), Vitamin B1: 0.05mg (3.22%), Fiber: 0.52g (2.09%), Vitamin E: 0.29mg (1.94%)