



Lamb Sandwich

READY IN



30 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup feta crumbled
- 0.5 bunch mint leaves fresh roughly chopped
- 3 garlic cloves minced
- 1.3 pounds lamb
- 4 servings kosher salt and freshly cracked pepper black
- 4 flatbreads greek style

Equipment

- bowl

frying pan

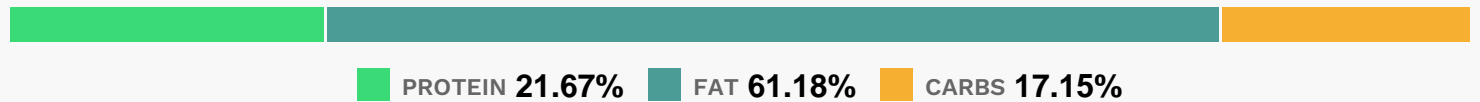
grill pan

Directions

In a large bowl, combine the ground lamb with the garlic and season with salt and pepper, to taste. Divide the lamb into 12 small balls and form them into patties. Cook the patties on a hot nonstick grill pan over medium heat for about 3 to 4 minutes per side. (The meat will release from the pan when ready.)

Put the 3 lamb patties in the middle of each flatbread and top with 2 tablespoons crumbled feta and fresh mint. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:21.108695828396%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 557.92kcal (27.9%), Fat: 37.91g (58.33%), Saturated Fat: 17.02g (106.4%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 21.38g (7.77%), Sugar: 1.17g (1.3%), Cholesterol: 120.16mg (40.05%), Sodium: 660.11mg (28.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.44%), Selenium: 47.38µg (67.69%), Vitamin B12: 3.59µg (59.85%), Vitamin B3: 9.79mg (48.97%), Zinc: 6.01mg (40.09%), Manganese: 0.77mg (38.61%), Phosphorus: 361.54mg (36.15%), Vitamin B2: 0.49mg (28.93%), Vitamin B1: 0.33mg (21.69%), Iron: 3.61mg (20.05%), Vitamin B6: 0.4mg (19.92%), Magnesium: 61.9mg (15.47%), Vitamin B5: 1.45mg (14.5%), Copper: 0.27mg (13.68%), Calcium: 126.52mg (12.65%), Potassium: 406.21mg (11.61%), Folate: 46.15µg (11.54%), Fiber: 2.53g (10.11%), Vitamin K: 6.04µg (5.75%), Vitamin E: 0.56mg (3.75%), Vitamin A: 100.57IU (2.01%), Vitamin D: 0.22µg (1.44%), Vitamin C: 0.86mg (1.04%)