

Lamb Shawarma



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 40 servings hot sauce warmed sliced for serving
- ☐ 40 servings kosher salt
- ☐ 1 pound lamb shoulder fat trimmed thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup tahini sesame paste
- ☐ 1 onion white halved cut into thin slivers

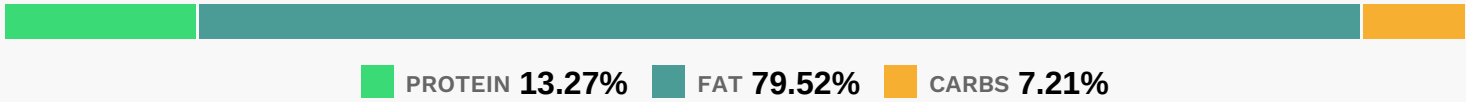
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a large bowl, combine the cumin and oregano with half of the garlic and 1 tablespoon of the lemon juice. Stir in the oil and a generous pinch of salt.
- ☐ Add the lamb and onion and let stand for 15 minutes.
- ☐ Meanwhile, in a blender or mini food processor, combine the tahini with 1/2 cup of water and the remaining garlic and 2 tablespoons of lemon juice and puree until smooth.
- ☐ Add the mayonnaise and puree until creamy. Season the white sauce with salt.
- ☐ Heat a large griddle or 2 skillets until very hot.
- ☐ Add the lamb and onion and cook over high heat, turning occasionally, until the meat and onion are charred and tender, 6 to 7 minutes.
- ☐ Transfer to plates and serve with the tahini sauce, hot sauce, lettuce, tomatoes, rice and pita.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.9143478287303%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 60.19kcal (3.01%), Fat: 5.44g (8.36%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.17g (0.19%), Cholesterol: 5.75mg (1.92%), Sodium: 220.54mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin K: 5.55µg (5.29%), Selenium: 2.76µg (3.94%), Vitamin B1: 0.06mg (3.94%), Phosphorus: 39.24mg (3.92%), Vitamin B12: 0.19µg (3.24%), Vitamin B3: 0.61mg (3.05%), Zinc: 0.45mg (3.02%), Copper: 0.06mg (3%), Vitamin E: 0.31mg (2.08%), Iron: 0.36mg (1.98%), Folate: 5.62µg (1.41%), Magnesium: 5.49mg (1.37%), Vitamin B2: 0.02mg (1.3%), Potassium: 42.91mg (1.23%), Vitamin B6: 0.02mg (1.1%), Vitamin C: 0.89mg (1.08%)