



Lamb Souvlaki Sandwiches with Greek Salad and Tsatsiki Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cucumber seedless peeled halved lengthwise seeded cut into 1/-thick slices (usually plastic-wrapped)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 1 small garlic clove minced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup kalamata olives pitted halved lengthwise

- ☐ 1.5 lb leg of lamb bone-in trimmed ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 4 6-inch wholewheat pita breads halved ()
- ☐ 0.5 lb the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 1 cup yogurt plain

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Purée cucumber, yogurt, lemon juice, garlic, salt, and pepper in a blender until almost smooth, about 1 minute. Stir in mint and chill, covered, until serving.
- ☐ Preheat broiler.
- ☐ Wrap pitas in foil and put in lower third of oven to warm while broiling lamb.
- ☐ Put lamb on oiled rack of a broiler pan and sprinkle with salt and pepper. Broil lamb 5 to 6 inches from heat, turning over once, 12 to 14 minutes total for medium-rare.
- ☐ Transfer to a cutting board and let stand 5 minutes, then thinly slice.
- ☐ While lamb is standing, toss together salad ingredients in a bowl and season with salt and pepper.
- ☐ Stuff warm pita pockets with salad and lamb, then drizzle filling with tsatsiki sauce.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:27.476956782134%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 347.01kcal (17.35%), Fat: 21.4g (32.93%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 9.34g (3.4%), Sugar: 7.27g (8.08%), Cholesterol: 69.81mg (23.27%), Sodium: 682.29mg (29.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.75%), Vitamin A: 5598.91IU (111.98%), Vitamin K: 75.91µg (72.3%), Vitamin B12: 3.27µg (54.45%), Selenium: 28µg (40%), Vitamin B3: 7.36mg (36.79%), Phosphorus: 345.63mg (34.56%), Zinc: 5.07mg (33.8%), Folate: 126.02µg (31.51%), Vitamin B2: 0.49mg (28.7%), Potassium: 802.22mg (22.92%), Vitamin E: 3.12mg (20.81%), Calcium: 182.73mg (18.27%), Iron: 3.25mg (18.07%), Vitamin B1: 0.26mg (17.23%), Vitamin C: 13.9mg (16.85%), Vitamin B6: 0.33mg (16.37%), Magnesium: 64.96mg (16.24%), Manganese: 0.29mg (14.49%), Vitamin B5: 1.42mg (14.18%), Copper: 0.25mg (12.73%), Fiber: 2.92g (11.7%)