

 **100%**  
HEALTH SCORE

# Lebanese Donair

 Dairy Free  Very Healthy

READY IN

**320 min.**

SERVINGS

**7**

CALORIES

**701 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon allspice
- 0.3 teaspoon cardamom
- 1 bunch parsley fresh finely chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon pepper black
- 0.5 cup juice of lemon fresh
- 0.3 cup olive oil

- 7 servings parsley
- 7 6-inch wholewheat pita breads ( )
- 0.5 cup red wine vinegar
- 7 servings salt to taste
- 1 large onion sweet finely chopped
- 1 cup tahini (sesame-seed paste)
- 7 servings tahini
- 3 large tomatoes coarsely chopped
- 3.3 pounds top round boneless very thin sliced
- 0.5 cup water

## Equipment

- bowl
- oven

## Directions

- Place the sliced beef into a flat, ovenproof dish. Stir the red wine vinegar, 1/2 cup olive oil, lemon juice, allspice, cinnamon, cardamom, black pepper, salt, tomatoes and garlic together in a bowl until well blended.
- Pour over the beef, turning slices to coat evenly. Cover, and refrigerate 4 hours.
- Preheat oven to 425 degrees F (220 degrees C).
- Remove the cover from the dish with the beef, and cook in preheated oven until the meat is no longer pink, about 50 minutes. Cool slightly.
- Meanwhile, make the parsley sauce by mixing the parsley, sweet onion, and 1/2 cup olive oil together in a bowl.
- Place the tomatoes in a bowl, and set aside until needed.
- Make the tahini sauce by mixing the garlic, tahini, lemon juice, and water together in a bowl. Season to taste with salt.
- To serve, place the pita bread rounds on serving plates. Spoon some of the meat mixture down the center of each pita round. Top with the parsley mix, tomatoes, and tahini sauce.

Roll up the sides of the pita bread around the filling, and serve.

## Nutrition Facts

**PROTEIN 33.08%** **FAT 55.4%** **CARBS 11.52%**

### Properties

Glycemic Index:40.86, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:45.536521745765%

### Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Apigenin: 26.17mg, Apigenin: 26.17mg, Apigenin: 26.17mg, Apigenin: 26.17mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

### Nutrients (% of daily need)

Calories: 700.7kcal (35.03%), Fat: 43.89g (67.53%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 16.16g (5.87%), Sugar: 4.98g (5.53%), Cholesterol: 128.46mg (42.82%), Sodium: 368.68mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.97g (117.94%), Vitamin K: 214.46µg (204.25%), Selenium: 84.54µg (120.77%), Phosphorus: 905.43mg (90.54%), Vitamin B3: 18.01mg (90.04%), Vitamin B6: 1.66mg (82.95%), Zinc: 12.27mg (81.81%), Vitamin B1: 1.05mg (70.11%), Copper: 1.13mg (56.26%), Vitamin B12: 2.84µg (47.38%), Vitamin C: 38.41mg (46.55%), Iron: 7.65mg (42.49%), Potassium: 1355.83mg (38.74%), Vitamin A: 1710.02IU (34.2%), Folate: 122.7µg (30.68%), Magnesium: 121.63mg (30.41%), Vitamin B2: 0.41mg (24.12%), Vitamin E: 2.65mg (17.63%), Fiber: 4.36g (17.46%), Vitamin B5: 1.63mg (16.29%), Calcium: 159.28mg (15.93%), Manganese: 0.27mg (13.75%)