



Marinated lamb steaks in flat bread

READY IN



25 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g lamb loins boneless
- ☐ 1 juice of lemon
- ☐ 1 cucumber
- ☐ 200 ml yogurt low fat
- ☐ 4 naan breads plain

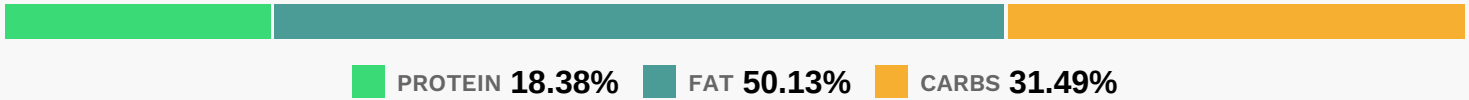
Equipment

- ☐ bowl

Directions

- ☐ Preheat the barbecue.
- ☐ Put the lamb in a bowl, season liberally with salt and pepper, then pour over half the lemon juice. Stir well and leave to marinate for 10 minutes.
- ☐ Meanwhile, peel and halve the cucumber and remove the seeds with a teaspoon. Roughly dice the cucumber and mix it with the remaining lemon juice and half the yogurt. Set aside.
- ☐ Pour the remaining yogurt over the lamb and mix well.
- ☐ Lay the lamb on the barbecue grid and cook for 5 minutes – the underneath should look quite dark as the yogurt cooks. Turn the lamb over and cook for a further 5 minutes, then place on a board and leave to rest while you heat the naan on the barbecue. Slice the lamb into pencil-thick strips, then cut the naan in half. Spoon in the cucumber sauce and top with the lamb and its juices.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:17.890869518985%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 840.75kcal (42.04%), Fat: 45.85g (70.54%), Saturated Fat: 17.8g (111.25%), Carbohydrates: 64.81g (21.6%), Net Carbohydrates: 62.28g (22.65%), Sugar: 8.84g (9.82%), Cholesterol: 122.53mg (40.84%), Sodium: 973.24mg (42.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.65%), Vitamin B12: 3.76µg (62.58%), Vitamin B3: 9.03mg (45.17%), Selenium: 29.99µg (42.84%), Zinc: 5.71mg (38.05%), Phosphorus: 326.41mg (32.64%), Vitamin B2: 0.45mg (26.22%), Calcium: 208.44mg (20.84%), Potassium: 563.89mg (16.11%), Vitamin B5: 1.47mg (14.71%), Vitamin B1: 0.21mg (14.19%), Iron: 2.54mg (14.1%), Vitamin B6: 0.26mg (13.1%), Magnesium: 49.75mg (12.44%), Folate: 44.7µg (11.17%), Copper: 0.21mg (10.63%), Vitamin K: 10.9µg (10.38%), Fiber: 2.53g (10.13%), Vitamin C: 5.72mg (6.93%), Manganese: 0.09mg (4.31%), Vitamin E: 0.35mg (2.33%), Vitamin A: 80.86IU (1.62%)