



Mediterranean Lamb Strudel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

Ingredients

- ☐ 0.8 teaspoon beef-flavored bouillon granules
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup couscous uncooked
- ☐ 0.5 cup golden raisins
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 pound lamb lean

- ☐ 0.5 cup mango chutney
- ☐ 0.5 cup onion chopped
- ☐ 8 sheets phyllo dough frozen thawed
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Combine lamb and onion in a large nonstick skillet; cook over medium-high heat 5 minutes or until lamb is browned and onions are tender.
- ☐ Drain well. Wipe skillet clean with a paper towel; return lamb to pan.
- ☐ Add water and next 8 ingredients (water through black pepper); bring to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in couscous; cover, remove from heat, and let stand 5 minutes. Cool to room temperature.
- ☐ Place 1 phyllo sheet on work surface (cover remaining dough to keep from drying); lightly coat with cooking spray. Working with 1 phyllo sheet at a time, coat remaining 7 phyllo sheets with cooking spray, placing one on top of the other.
- ☐ Place a sheet of plastic wrap over phyllo, pressing gently to seal sheets together; discard plastic wrap.
- ☐ Spoon lamb mixture along 1 long edge of phyllo, leaving a 2-inch border. Carefully indent the lamb mixture with the back of a small spoon; fill evenly with chutney. Fold over the short edges of phyllo to cover 2 inches of lamb mixture on each end.
- ☐ Starting at long edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly, or strudel may split.)

- ☐
- Place strudel, seam side down, on a jelly-roll pan coated with cooking spray. Score diagonal slits into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.
- ☐
- Bake at 350 for 30 minutes or until golden.
- ☐
- Let cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:20.77, Inflammation Score:-1, Nutrition Score:4.1086956313609%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 297.2kcal (14.86%), Fat: 10.12g (15.56%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 39.56g (14.39%), Sugar: 16.17g (17.97%), Cholesterol: 31.05mg (10.35%), Sodium: 216.28mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Manganese: 0.24mg (11.85%), Iron: 1.65mg (9.15%), Vitamin B1: 0.13mg (8.66%), Selenium: 5.02µg (7.18%), Fiber: 1.71g (6.84%), Vitamin B2: 0.11mg (6.49%), Vitamin B3: 1.29mg (6.43%), Folate: 23.52µg (5.88%), Copper: 0.11mg (5.42%), Phosphorus: 50.8mg (5.08%), Potassium: 133.19mg (3.81%), Vitamin C: 2.93mg (3.55%), Magnesium: 13.21mg (3.3%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.22mg (2.22%), Calcium: 21.44mg (2.14%), Zinc: 0.25mg (1.65%)