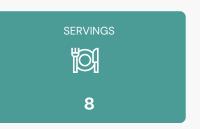


Mediterranean Lamb Strudel

a Dairy Free



0.8 pound lamb lean





Ingredients

0.8 teaspoon beef-flavored bouillon granules
O.1 teaspoon pepper black
0.5 cup couscous uncooked
0.5 cup golden raisins
O.1 teaspoon ground cinnamon
O.1 teaspoon ground cumin
O.1 teaspoon ground nutmeg
0.1 teaspoon ground pepper red

	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.)	

Pla	ace strudel, seam side down, on a jelly-roll pan coated with cooking spray. Score diagonal
sli	its into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.
Ва	ake at 350 for 30 minutes or until golden.
Le	et cool to room temperature.
Nutrition Facts	
	DROTEIN 14 169/ EAT 20 519/ CARRS 55 229/

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, 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 %: O% (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%)