



Mediterranean Lamb Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber cubed unpeeled ()
- ☐ 1.3 ounces feta cheese crumbled
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 pound leg of lamb boneless lean cut into 1/4-inch slices
- ☐ 0.5 cup heavy whipping cream sour reduced-fat
- ☐ 0.1 teaspoon mint flakes dried
- ☐ 1 onion thinly sliced cut into quarters and

- ☐ 2 teaspoons red wine vinegar
- ☐ 1 teaspoon greek seasoning
- ☐ 1 large tomatoes thinly sliced

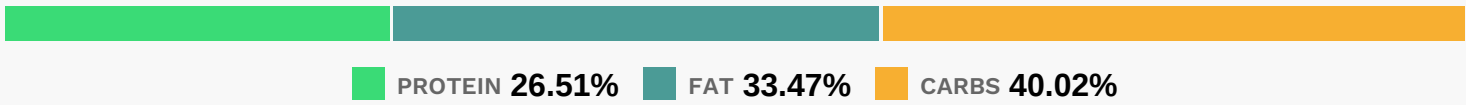
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir well. Cover and chill.
- ☐ Coat a large nonstick skillet with cooking spray; add lamb and onion, and cook over medium-high heat, stirring occasionally, 6 to 7 minutes or until lamb is done.
- ☐ Remove from heat; stir in Greek seasoning.
- ☐ Divide lamb mixture evenly among 4 tortillas; top each evenly with cucumber sauce, tomato, and spinach.
- ☐ Roll up tortillas, and cut each wrap in half; secure with wooden picks, if necessary.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:9.23, Inflammation Score:-8, Nutrition Score:22.05304340176%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 340.02kcal (17%), Fat: 12.58g (19.36%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 30.11g (10.95%), Sugar: 4.86g (5.4%), Cholesterol: 63.98mg (21.33%), Sodium: 559.1mg (24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.85%), Vitamin K: 54.17µg (51.59%),

Selenium: 30.74µg (43.92%), Vitamin B12: 2.21µg (36.76%), Vitamin B3: 7.24mg (36.22%), Phosphorus: 326.22mg (32.62%), Vitamin B1: 0.43mg (28.68%), Vitamin B2: 0.48mg (28.25%), Manganese: 0.53mg (26.55%), Folate: 104.76µg (26.19%), Vitamin A: 1263.26IU (25.27%), Zinc: 3.68mg (24.53%), Iron: 4.18mg (23.22%), Calcium: 208.28mg (20.83%), Potassium: 590.39mg (16.87%), Vitamin B6: 0.31mg (15.55%), Fiber: 3.76g (15.02%), Vitamin C: 11.74mg (14.23%), Magnesium: 56.54mg (14.13%), Copper: 0.23mg (11.57%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 0.9mg (6%)