



Middle Eastern Nachos

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

335 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.8 pound lamb
- ☐ 1 cup spicy hummus prepared
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 3 pitas whole wheat

Equipment

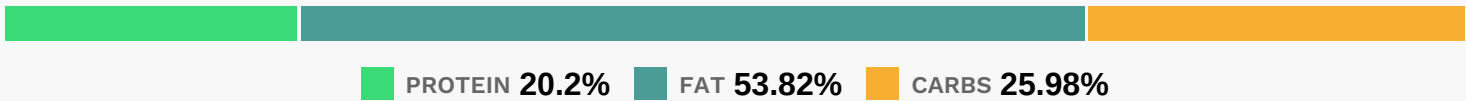
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small saute pan over moderate heat, cook the lamb until browned and cooked through, about 10 minutes. Season with salt and pepper. Using a slotted spoon, transfer the lamb to a small bowl.
- ☐ Brush the pita bread using the fat in the pan.
- ☐ Cut each pita into 8 wedges and place on a sheet pan.
- ☐ Bake until golden, about 10 minutes.
- ☐ In a shallow baking dish, layer half the pita wedges, half the lamb, half the hummus and half the feta. Make 1 more layer in the same order.
- ☐ Bake the nachos in middle of the oven until the cheese is melted, 5 to 7 minutes.
- ☐ Remove from the oven and sprinkle with parsley.
- ☐ Serve immediately.
- ☐ BYOC: Use your favorite hummus; try lemon or garlic if you prefer no heat.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:16.744347984376%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 335.34kcal (16.77%), Fat: 20.4g (31.38%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 17.9g (6.51%), Sugar: 0.82g (0.92%), Cholesterol: 52.52mg (17.51%), Sodium: 644.41mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin K: 43.66µg (41.58%), Manganese: 0.82mg (41.15%), Selenium: 25.92µg (37.03%), Phosphorus: 255.15mg (25.52%), Vitamin B12: 1.52µg (25.35%), Zinc: 3.5mg (23.31%), Vitamin B3: 4.57mg (22.85%), Copper: 0.36mg (18.12%), Fiber: 4.25g (17%), Vitamin B1: 0.25mg (16.83%), Iron: 2.97mg (16.52%), Vitamin B2: 0.28mg (16.22%), Magnesium: 63.97mg (15.99%), Folate: 61.84µg (15.46%), Vitamin B6: 0.29mg (14.26%), Calcium: 94.05mg (9.4%), Potassium: 288.59mg (8.25%), Vitamin B5: 0.79mg (7.86%), Vitamin A: 275.65IU (5.51%), Vitamin C: 3.33mg (4.03%), Vitamin E: 0.33mg (2.17%)