



HEALTH SCORE

71%

Middle Eastern Steak Pitas



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



575 kcal

Ingredients

- ☐ 3 small persian cucumbers peeled chopped
- ☐ 1.3 pounds flank steak thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup parsley and/or mint fresh chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 4 pocketless pitas

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 cup tahini (sesame paste)
- ☐ 2 medium tomatoes diced

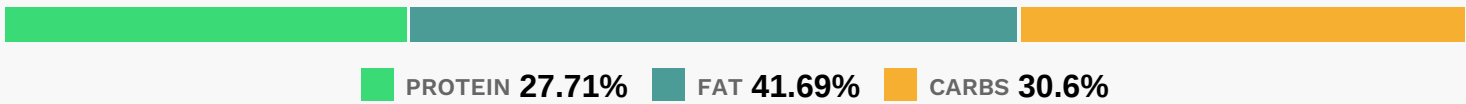
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the steak, onion, pumpkin pie spice, 2 tablespoons lemon juice, 1 tablespoon olive oil, 1 minced garlic clove, 2 tablespoons chopped herbs, 1 teaspoon salt and 1/2 teaspoon pepper in a bowl; toss well to coat. Set aside while you prepare the salad.
- ☐ Whisk the tahini, the remaining garlic and 2 tablespoons lemon juice, and 1 tablespoon olive oil in a separate bowl; stir in the tomatoes and cucumbers.
- ☐ Heat a cast-iron skillet over medium-high heat until very hot.
- ☐ Brush the pitas with the remaining 1 tablespoon olive oil; cook until lightly toasted, about 1 minute per side.
- ☐ Transfer to plates. Working in batches, add the meat and onion to the skillet in a single layer and cook until browned, about 2 minutes per side.
- ☐ Serve the steak and onion on the pitas with the cucumber salad. Top with the remaining herbs.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:30.69, Inflammation Score:-8, Nutrition Score:30.510435187298%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg 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: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 574.75kcal (28.74%), Fat: 26.69g (41.06%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 39.82g (14.48%), Sugar: 4.89g (5.43%), Cholesterol: 85.05mg (28.35%), Sodium: 583.85mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.83%), Vitamin K: 83.19µg (79.23%), Selenium: 47.51µg (67.87%), Vitamin B3: 11.4mg (56.99%), Vitamin B6: 1.07mg (53.64%), Phosphorus: 513.05mg (51.31%), Zinc: 7.02mg (46.82%), Vitamin B1: 0.57mg (38.18%), Vitamin C: 26.36mg (31.95%), Manganese: 0.59mg (29.48%), Copper: 0.59mg (29.26%), Potassium: 1012.43mg (28.93%), Iron: 4.54mg (25.24%), Magnesium: 87.58mg (21.89%), Folate: 86.52µg (21.63%), Vitamin B12: 1.29µg (21.5%), Vitamin A: 926.47IU (18.53%), Vitamin B2: 0.29mg (17.2%), Fiber: 4.25g (16.99%), Vitamin E: 2.36mg (15.72%), Vitamin B5: 1.53mg (15.32%), Calcium: 140.58mg (14.06%)