



Mini Lamb Pitas with Minted Pea Hummus

READY IN



29 min.

SERVINGS



4

CALORIES



375 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce feta crumbled reduced-fat
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup water
- ☐ 1 pound ground lamb lean
- ☐ 1 ounce day old pita bread whole wheat miniature mini (such as Toufayan Pitettes)

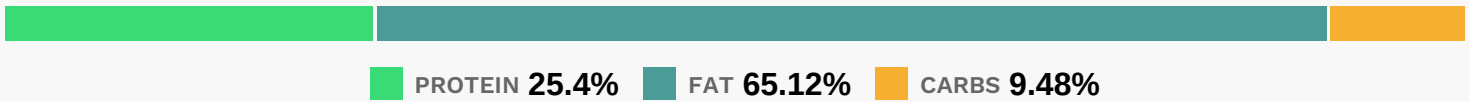
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer registers 16
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Cut each patty in half. Split each pita in half horizontally, cutting to, but not through, opposite side.
- ☐ Spread 1 tablespoon Minted Pea Hummus on bottom half of each pita, and top with half of 1 patty.
- ☐ Add onion, sprouts, and cucumber, if desired.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:4.4717391104964%

Nutrients (% of daily need)

Calories: 374.75kcal (18.74%), Fat: 27.48g (42.27%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.46g (0.51%), Cholesterol: 86.58mg (28.86%), Sodium: 297.21mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.23%), Manganese: 0.38mg (19.06%), Iron: 2.66mg (14.78%), Fiber: 2.32g (9.29%), Copper: 0.19mg (9.27%), Folate: 28.04µg (7.01%), Magnesium: 27.39mg (6.85%), Phosphorus: 67.7mg (6.77%), Selenium: 3.93µg (5.62%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.68mg (4.52%), Vitamin B6: 0.08mg (4.06%), Calcium: 24.67mg (2.47%), Potassium: 86.05mg (2.46%), Vitamin B3: 0.39mg (1.94%), Vitamin B2: 0.03mg (1.53%), Vitamin B5: 0.1mg (1.01%)