



Minty lamb flatbreads

READY IN



25 min.

SERVINGS



4

CALORIES



410 kcal

Ingredients

- ☐ 400 g lamb
- ☐ 1 garlic clove crushed
- ☐ 1 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 2 handfuls mint leaves chopped
- ☐ 2 large tomatoes diced deseeded
- ☐ 4 small flour tortilla soft canned (you can buy khobez flatbreads from larger Sainsbury's)
- ☐ 4 tbsp yogurt low-fat

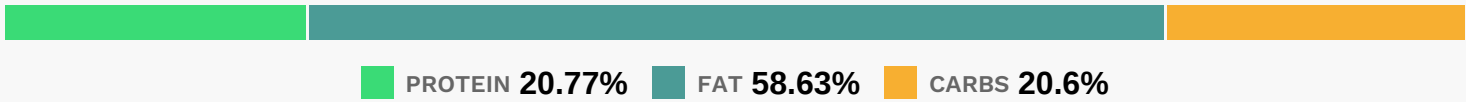
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Cook the lamb mince for 5–6 mins in a non–stick frying pan over a high heat. When starting to brown, stir in the garlic and spices, then cook for 2–3 mins more until the mince is brown and there is no liquid left in the pan. Stir in the chopped mint, tomatoes and some seasoning.
- ☐ Heat the grill to high. Arrange the flatbreads on a baking tray and spread the mince mixture over them. Grill for 2–3 mins. To serve, scatter over the whole mint leaves and drizzle with yogurt.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:17.470869642237%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 409.85kcal (20.49%), Fat: 26.59g (40.91%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 18.28g (6.65%), Sugar: 4.93g (5.48%), Cholesterol: 74.2mg (24.73%), Sodium: 300.25mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.39%), Vitamin B12: 2.42µg (40.37%), Vitamin B3: 7.93mg (39.65%), Selenium: 26.52µg (37.88%), Phosphorus: 278.22mg (27.82%), Zinc: 4mg (26.66%), Vitamin B2: 0.37mg (21.48%), Vitamin B1: 0.31mg (20.79%), Iron: 3.49mg (19.41%), Vitamin A: 859.61IU (17.19%), Manganese: 0.34mg (17.08%), Vitamin C: 13.72mg (16.64%), Folate: 64.4µg (16.1%), Potassium: 556.7mg (15.91%), Vitamin K: 13.03µg (12.41%), Calcium: 122.75mg (12.28%), Vitamin B6: 0.24mg (12.22%), Magnesium: 47.6mg (11.9%), Fiber: 2.75g (10.99%), Copper: 0.21mg (10.52%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 0.71mg (4.76%)