



Mizithra-Arni Skopelos

 Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



1231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chile flakes crushed
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 garlic cloves minced
- ☐ 1.5 pounds lamb sirloin diced
- ☐ 2 onions minced
- ☐ 2 sprigs oregano fresh chopped
- ☐ 4 plum tomatoes chopped
- ☐ 2 pounds rustic bread

- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 cup mizithra grated
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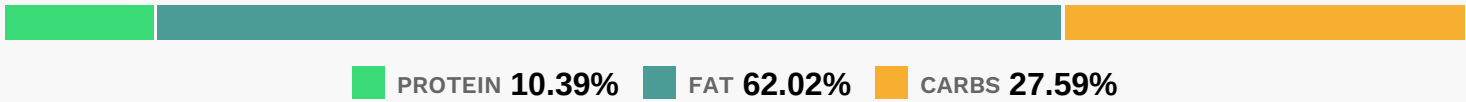
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Cut bread in half lengthwise and scoop out a cavity in both halves, being careful not to rip bread or leave too thin a crust. It should be 3/4-inch thick. On medium heat, in 2 tablespoons olive oil, saute the onions until translucent, add in the garlic and tomato. Cook for 3 to 4 minutes and set aside and let cool. In a bowl, toss together the lamb, chili flake, oregano, salt and pepper.
- ☐ Add in the onions, garlic, and tomatoes. Blend well.
- ☐ Brush insides of the bread with remaining 4 tablespoons olive oil and sprinkle with grated cheese. Fill bottom half of bread cavity with the meat and carefully place top half over it, securing tightly. Wrap with aluminum foil and bake for 1 1/2 to 2 hours. Slice crosswise and serve warm.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:19.878695622734%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg, Myricetin: 0.08mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 1230.55kcal (61.53%), Fat: 84.76g (130.4%), Saturated Fat: 41.27g (257.95%), Carbohydrates: 84.83g (28.28%), Net Carbohydrates: 78.06g (28.38%), Sugar: 49.41g (54.9%), Cholesterol: 82.78mg (27.59%), Sodium: 828.33mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.88%), Vitamin B3: 13.91mg (69.54%), Vitamin B12: 2.62µg (43.66%), Folate: 130.49µg (32.62%), Selenium: 21.71µg (31.01%), Iron: 5.44mg (30.22%), Zinc: 4.34mg (28.93%), Fiber: 6.77g (27.09%), Phosphorus: 257.55mg (25.75%), Vitamin B1: 0.37mg (24.81%), Vitamin B2: 0.4mg (23.42%), Potassium: 747.08mg (21.35%), Magnesium: 60.03mg (15.01%), Vitamin K: 14.64µg (13.94%), Vitamin B6: 0.25mg (12.37%), Vitamin C: 8.7mg (10.55%), Vitamin E: 1.32mg (8.77%), Manganese: 0.17mg (8.46%), Vitamin B5: 0.83mg (8.33%), Vitamin A: 405.89IU (8.12%), Copper: 0.16mg (8.11%), Calcium: 43.88mg (4.39%)