



## Moroccan Pita Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large eggs
- 1 cup yogurt fat-free greek-style
- 0.5 teaspoon fennel seeds crushed
- 1 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground ginger
- 12 ounces ground round

- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 4 leaf lettuce leaves green
- 0.3 cup onion finely chopped
- 4 6-inch pitas halved ()
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 2 teaspoons tahini (sesame seed paste)
- 16 slices tomatoes (1/4-inch-thick)
- 2 tablespoons tomato paste

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 40
- To prepare patties, combine first 10 ingredients. Divide into 8 equal portions; shape each into a 1/4-inch-thick patty.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 4 patties to pan; cook 5 minutes or until browned, turning occasionally. Arrange patties on a baking sheet. Repeat procedure with remaining patties.
- Bake at 400 for 5 minutes or until done.
- To prepare sauce, combine yogurt and next 5 ingredients (through garlic). Spoon 2 tablespoons sauce into each pita half; top with 1 lettuce leaf, 2 tomato slices, and 1 patty.

## Nutrition Facts



## Properties

Glycemic Index:61.75, Glycemic Load:2.5, Inflammation Score:-7, Nutrition Score:17.623478205308%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

## Nutrients (% of daily need)

Calories: 251.2kcal (12.56%), Fat: 11.61g (17.85%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 8.49g (3.09%), Sugar: 6.13g (6.81%), Cholesterol: 104.28mg (34.76%), Sodium: 531.59mg (23.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.75%), Vitamin B12: 2.34µg (39.01%), Selenium: 24.48µg (34.98%), Zinc: 4.92mg (32.83%), Phosphorus: 311mg (31.1%), Vitamin B3: 5.54mg (27.7%), Vitamin B6: 0.5mg (25.22%), Vitamin A: 1169.71IU (23.39%), Vitamin C: 18.89mg (22.9%), Vitamin B2: 0.37mg (22.05%), Potassium: 747.69mg (21.36%), Iron: 3.06mg (17.01%), Manganese: 0.27mg (13.49%), Magnesium: 46.11mg (11.53%), Copper: 0.23mg (11.45%), Vitamin K: 11.53µg (10.98%), Calcium: 103.44mg (10.34%), Vitamin B1: 0.15mg (10.01%), Vitamin B5: 1mg (10%), Folate: 37.57µg (9.39%), Fiber: 2.34g (9.37%), Vitamin E: 1.35mg (9%), Vitamin D: 0.34µg (2.23%)