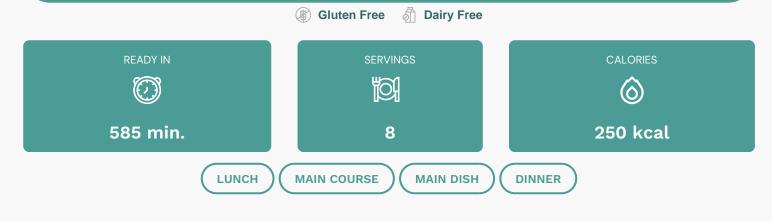


# R. B. Miller's Gyro Meat



### Ingredients

4 teaspoons garlic minced
1 pound ground beef chuck 80% lean ( )
1 teaspoon ground marjoram
1 teaspoon ground pepper black
1.5 teaspoons ground rosemary
1 pound lamb chops boneless cubed
1 cup onion minced
2 teaspoons sea salt

Equipment		
	food processor	
	bowl	
	frying pan	
	oven	
	plastic wrap	
	loaf pan	
	baking pan	
	meat grinder	
Directions		
	Grind the ground chuck and lamb cubes through the coarse plate of a meat grinder twice to mix thoroughly.	
	Place the onion, garlic, marjoram, rosemary, salt, and pepper into a food processor, and pulse until finely ground.	
	Mix together the ground meat and onion mixture in a bowl. Regrind through a fine plate, and pack the mixture into a 3x7 inch loaf pan. Wrap tightly with plastic wrap, and refrigerate overnight.	
	Preheat an oven to 325 degrees F (165 degrees C).	
	Remove and discard the plastic wrap from the loaf pan, and bake the gyro meat in the preheated oven until the internal temperature reaches 140 degrees F (60 degrees C), about 1 hour.	
	Drain away all of the liquid that has accumulated in the pan, then remove the loaf from the pan.	
	Place the meat on a rack set above a baking dish to catch the drips, and continue baking until the internal temperature reaches 165 degrees F (75 degrees C), 15 to 30 minutes more.	
	Remove from the oven, and allow to stand 15 minutes before slicing. The finished loaf should be firm and somewhat dry.	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:19.88, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:11.323913038101%

#### **Flavonoids**

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 4.09mg, Quercetin:

### Nutrients (% of daily need)

Calories: 249.84kcal (12.49%), Fat: 15.32g (23.56%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.87g (0.96%), Cholesterol: 83.15mg (27.72%), Sodium: 653.79mg (28.43%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 24.02g (48.04%), Vitamin B12: 2.82µg (47.05%), Zinc: 5.06mg (33.71%), Vitamin B3: 5.32mg (26.61%), Vitamin B6: 0.46mg (22.95%), Phosphorus: 217.72mg (21.77%), Selenium: 14.28µg (20.4%), Vitamin B2: 0.3mg (17.85%), Iron: 2.46mg (13.69%), Potassium: 370.75mg (10.59%), Vitamin B5: 0.82mg (8.21%), Vitamin B1: 0.11mg (7.01%), Copper: 0.14mg (6.91%), Magnesium: 25.66mg (6.42%), Manganese: 0.1mg (4.93%), Calcium: 26.04mg (2.6%), Vitamin C: 1.97mg (2.38%), Folate: 7.95µg (1.99%), Fiber: 0.45g (1.79%), Vitamin E: 0.24mg (1.6%), Vitamin K: 1.61µg (1.54%)