



R. B. Miller's Gyro Meat



Gluten Free



Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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



 **PROTEIN 39.36%**  **FAT 56.47%**  **CARBS 4.17%**

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, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

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 %: 0% (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%)