



Roast Lamb Pitas with Spicy Sesame Yogurt Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



192 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon chile garlic sauce (such as Lee Kum Kee)
- 1 cup cucumber thinly sliced
- 0.5 cup yogurt plain fat-free
- 5 ounces simple roasted leg of lamb shredded
- 2 6-inch pitas cut in half ()
- 2 plum tomatoes seeded thinly sliced
- 1 cup onion red thinly sliced
- 0.1 teaspoon salt

1 tablespoon tahini (sesame-seed paste)

Equipment

baking paper

whisk

aluminum foil

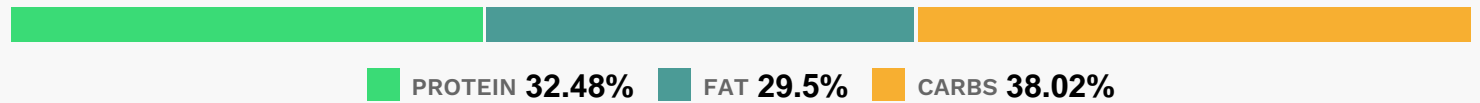
Directions

Combine first 5 ingredients, stirring with a whisk.

Fill each pita half with about 1/3 cup Simple Roasted Leg of Lamb, 1/4 cup onion, and 1/4 cup cucumber. Divide tomato slices evenly among pita halves. Wrap sandwiches in foil or parchment paper; chill.

Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:14.886086909667%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg

Nutrients (% of daily need)

Calories: 191.82kcal (9.59%), Fat: 6.43g (9.89%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 15.58g (5.67%), Sugar: 10.86g (12.07%), Cholesterol: 29.8mg (9.93%), Sodium: 297.27mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Phosphorus: 295mg (29.5%), Vitamin B12: 1.58µg (26.32%), Selenium: 15.76µg (22.51%), Vitamin C: 17.41mg (21.1%), Zinc: 3.02mg (20.14%), Vitamin B1: 0.29mg (19.63%), Potassium: 678.39mg (19.38%), Vitamin B3: 3.79mg (18.95%), Vitamin B2: 0.32mg (18.55%), Calcium: 171.11mg (17.11%), Copper: 0.31mg (15.32%), Vitamin B6: 0.3mg (15.01%), Folate: 59.06µg (14.77%), Manganese: 0.27mg (13.66%), Magnesium: 54.31mg (13.58%), Fiber: 3.06g (12.23%), Vitamin A: 576.62IU (11.53%), Vitamin B5:

1.03mg (10.35%), Vitamin K: 10.54µg (10.04%), Iron: 1.72mg (9.56%), Vitamin E: 0.47mg (3.14%)