



Shawarma (Lamb Pitas)

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 pounds leg of lamb
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups onion thinly sliced
- ☐ 3 toppings: such as pickles thinly sliced lengthwise
- ☐ 6 7-inch wholewheat pita breads ()

- ☐ 0.5 cup onion red separated
- ☐ 0.3 teaspoon salt
- ☐ 5 thyme sprigs
- ☐ 3 inch tomatoes halved
- ☐ 6 servings yogurt

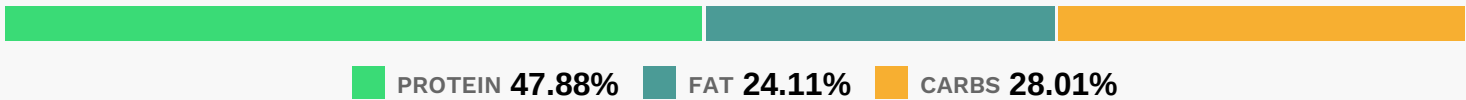
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Trim fat from lamb.
- ☐ Combine 2 cups onion and next 6 ingredients (onion through thyme) in a large zip-top plastic bag.
- ☐ Add lamb to bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Remove lamb from bag; discard marinade.
- ☐ Preheat oven to 35
- ☐ Place lamb on a broiler pan; insert meat thermometer into thickest portion of lamb.
- ☐ Bake at 350 for 1 hour or until thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 15 minutes. Slice lengthwise into thin strips.
- ☐ Spread each pita with about 2 1/2 tablespoons Yogurt-Tahini Dip. Divide lamb, red onion, mint, tomato, and pickles evenly among each pita; roll up.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:11.099565179857%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg

Nutrients (% of daily need)

Calories: 132kcal (6.6%), Fat: 3.56g (5.48%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.34g (2.67%), Sugar: 3.67g (4.08%), Cholesterol: 45.85mg (15.28%), Sodium: 413.31mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin B12: 1.93µg (32.21%), Selenium: 17.18µg (24.54%), Vitamin B3: 4.66mg (23.31%), Zinc: 2.96mg (19.72%), Phosphorus: 168.53mg (16.85%), Vitamin C: 13.04mg (15.81%), Vitamin B2: 0.23mg (13.48%), Vitamin B6: 0.23mg (11.34%), Manganese: 0.22mg (10.91%), Potassium: 380.36mg (10.87%), Vitamin B1: 0.16mg (10.33%), Iron: 1.83mg (10.15%), Folate: 37.52µg (9.38%), Magnesium: 33.01mg (8.25%), Fiber: 1.97g (7.88%), Copper: 0.14mg (7.19%), Vitamin B5: 0.65mg (6.52%), Vitamin K: 6.15µg (5.86%), Calcium: 51.68mg (5.17%), Vitamin A: 194.74IU (3.89%), Vitamin E: 0.24mg (1.62%)