



 **84%**
HEALTH SCORE

Shawarma Lamb with Couscous Salad

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium carrots shredded
- 0.5 teaspoon cayenne
- 1 cup couscous
- 0.5 cup flat-leaf parsley roughly chopped
- 3 garlic cloves thinly sliced
- 0.5 cup greek yogurt
- 2 teaspoons ground cumin
- 2 juice of lemon divided

- 1 teaspoon kosher salt
- 1 cup chicken broth reduced-sodium
- 0.3 cup olive oil divided
- 1 large onion thinly sliced
- 1 teaspoon pepper
- 1.5 pounds top round lamb steak thinly sliced

Equipment

- frying pan
- sauce pan

Directions

- Bring broth to a boil in a medium saucepan.
- Add couscous, cover tightly, remove from heat, and let sit 5 minutes. Uncover, fluff, and add carrot, parsley, 2 tbsp. oil, and zest and juice of 1 lemon.
- Cook onion in remaining 2 tbsp. oil in a large frying pan over high heat until edges are charred, 10 to 12 minutes.
- Add garlic, lamb, cumin, cayenne, salt, and pepper; cook, stirring, until lamb is cooked through and browned, about 10 more minutes.
- Divide couscous among 4 plates and top with lamb mixture.
- Mix yogurt with remaining lemon zest and juice and serve with lamb.

Nutrition Facts



PROTEIN 35.86% **FAT 33.05%** **CARBS 31.09%**

Properties

Glycemic Index:67.46, Glycemic Load:22, Inflammation Score:-10, Nutrition Score:35.463043461675%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg

Naringenin: 0.21mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 562.48kcal (28.12%), Fat: 20.42g (31.41%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 39.36g (14.31%), Sugar: 3.72g (4.14%), Cholesterol: 105.01mg (35%), Sodium: 740.14mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.85g (99.7%), Vitamin K: 136.44µg (129.95%), Selenium: 57.38µg (81.97%), Vitamin B3: 14.47mg (72.33%), Vitamin B6: 1.34mg (67.2%), Vitamin A: 3301.78IU (66.04%), Zinc: 8.6mg (57.33%), Phosphorus: 537.96mg (53.8%), Vitamin B12: 2.53µg (42.17%), Iron: 5.41mg (30.06%), Manganese: 0.59mg (29.43%), Potassium: 991.63mg (28.33%), Vitamin C: 20.42mg (24.76%), Vitamin B2: 0.41mg (24.07%), Magnesium: 80.6mg (20.15%), Vitamin B5: 1.93mg (19.33%), Vitamin B1: 0.29mg (19.14%), Copper: 0.38mg (19.08%), Vitamin E: 2.74mg (18.28%), Fiber: 3.87g (15.46%), Folate: 59.15µg (14.79%), Calcium: 119.28mg (11.93%)