



Sloppy Lentils in Pita

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber thinly sliced
- ☐ 0.8 cup brown lentils dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 8 ounces lamb lean
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup onion finely chopped
- ☐ 4 6-inch pitas whole-wheat cut in half ()
- ☐ 0.5 cup yogurt plain 2% greek-style
- ☐ 0.3 teaspoon salt
- ☐ 2 cups boxed tomatoes diced undrained
- ☐ 1 cup water divided

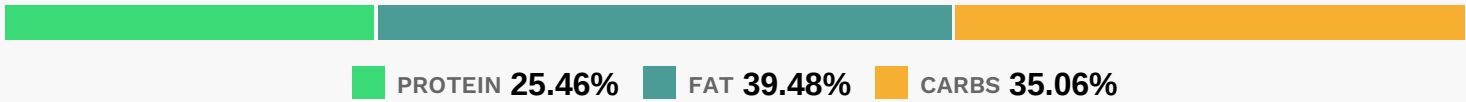
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion, garlic, salt, pepper, and lamb; cook 5 minutes or until lamb is browned and vegetables are tender, stirring occasionally to crumble lamb.
- ☐ Add lentils, cumin, and thyme; stir until seasonings become fragrant.
- ☐ Add 1/2 cup water, tomatoes, and bay leaf; bring to a boil. Cover, reduce heat to medium, and cook 15 minutes. Stir lentil mixture; add remaining 1/2 cup water. Cover and cook 15 minutes or until lentils are tender and mixture is thick (add additional water as needed). Discard bay leaf. Fill each pita half with 1/2 cup lentil mixture. Spoon 1 tablespoon yogurt into each pita half; top with 2 tablespoons cucumber.
- ☐ Sprinkle with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:67.15, Glycemic Load:5.25, Inflammation Score:-9, Nutrition Score:19.066087059353%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg,

Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 363.82kcal (18.19%), Fat: 16.19g (24.91%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 18.97g (6.9%), Sugar: 6.43g (7.14%), Cholesterol: 42.64mg (14.21%), Sodium: 217.68mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.99%), Fiber: 13.39g (53.56%), Folate: 203.39µg (50.85%), Manganese: 0.77mg (38.59%), Vitamin B1: 0.4mg (26.59%), Vitamin C: 21.87mg (26.51%), Iron: 4.72mg (26.22%), Phosphorus: 247.69mg (24.77%), Potassium: 770.48mg (22.01%), Vitamin A: 1043.23IU (20.86%), Vitamin B6: 0.39mg (19.37%), Vitamin K: 20.32µg (19.35%), Magnesium: 70.65mg (17.66%), Copper: 0.32mg (16.08%), Zinc: 2.24mg (14.94%), Vitamin B2: 0.19mg (11.25%), Vitamin B5: 1.09mg (10.93%), Calcium: 92.92mg (9.29%), Vitamin E: 1.38mg (9.17%), Vitamin B3: 1.81mg (9.06%), Selenium: 5.97µg (8.54%), Vitamin B12: 0.17µg (2.92%)