

Spiced Beef and Onion Pitas with Parsley Sauce









Ingredients

| | i pound stir-try beet or sliced cut into 1/3-inch-wide strips (top round) |
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| | 0.3 teaspoon pepper black |
| | 2 tablespoons cider vinegar |
| | 3 cups flat-leaf parsley leaves fresh loosely packed (from 2 bunches) |
| | 0.8 teaspoon ground coriander |
| | 0.5 teaspoon ground cumin |
| | 0.3 cup olive oil |
| П | 4 6-inch pita loaves with pockets () |

| | 0.5 teaspoon salt | |
|-----------|---|--|
| | 1 tablespoon shallots chopped | |
| | 1 teaspoon sugar | |
| | 0.3 cup vegetable oil | |
| | 2 tablespoons water | |
| | 1 pound onions white quartered cut lengthwise into 1/4-inch-wide wedges | |
| Equipment | | |
| | bowl | |
| | frying pan | |
| | oven | |
| | blender | |
| | aluminum foil | |
| | toaster | |
| | tongs | |
| Di | rections | |
| | Purée all sauce ingredients in a blender until smooth. | |
| | Toast pitas on rack of a gas burner over high heat, turning with tongs, until heated through burstill pliable (pitas may puff), about 1 minute, then wrap in foil to keep warm. (Alternatively, wrap untoasted pitas in foil and warm in a preheated 300°F oven or toaster oven.) | |
| | Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté half of onions, stirring occasionally, until browned but still crisp, 4 to 5 minutes. | |
| | Transfer to a large plate. Sauté remaining onions in 1 tablespoon oil in same manner and transfer to plate (reserve skillet). | |
| | Stir together coriander, cumin, salt, and pepper in a bowl. Pat beef dry and toss with spices. | |
| | Heat 1 tablespoon oil in skillet over moderately high heat, then sauté half of beef, stirring, until browned but still pink inside, 1 to 11/2 minutes. | |
| | | |

| | Transfer beef to plate with onions, then sauté remaining beef in remaining tablespoon oil in | |
|-----------------|--|--|
| | same manner. | |
| | Halve pitas and fill with beef and onions. | |
| | Serve sauce on the side. | |
| Nutrition Facts | | |
| | | |
| | PROTEIN 25.07% FAT 61.24% CARBS 13.69% | |

Properties

Glycemic Index:83.27, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:31.170434910318%

Flavonoids

Apigenin: 96.98mg, Apigenin: 96.98mg, Apigenin: 96.98mg, Apigenin: 96.98mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Kaempferol: 1.41mg, Kaempferol: 1

Nutrients (% of daily need)

Calories: 459.97kcal (23%), Fat: 31.56g (48.55%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.42g (7.14%), Cholesterol: 69.17mg (23.06%), Sodium: 400.26mg (17.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 29.07g (58.14%), Vitamin K: 773.24µg (736.42%), Vitamin C: 68.54mg (83.08%), Vitamin A: 3797.03IU (75.94%), Selenium: 36.95µg (52.78%), Vitamin B6: 0.96mg (47.85%), Vitamin B3: 8.57mg (42.84%), Zinc: 5.91mg (39.4%), Phosphorus: 319.05mg (31.9%), Iron: 5.64mg (31.34%), Folate: 106.96µg (26.74%), Vitamin B12: 1.53µg (25.51%), Vitamin E: 3.76mg (25.05%), Potassium: 863.96mg (24.68%), Magnesium: 65.8mg (16.45%), Fiber: 3.73g (14.92%), Manganese: 0.3mg (14.86%), Vitamin B2: 0.25mg (14.42%), Vitamin B1: 0.21mg (13.69%), Copper: 0.25mg (12.3%), Calcium: 121.53mg (12.15%), Vitamin B5: 1.1mg (11.02%)