



Spiced Beef and Onion Pitas with Parsley Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



460 kcal

Ingredients

- ☐ 1 pound stir-fry beef or sliced cut into 1/3-inch-wide strips (top round)
- ☐ 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
- ☐ 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

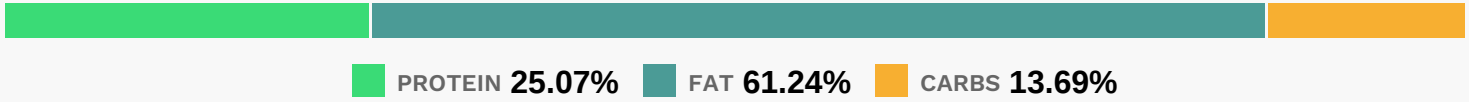
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ toaster
- ☐ tongs

Directions

- ☐ 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 but still 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 1 1/2 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



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 Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 6.71mg, Myricetin: 6.71mg, Myricetin: 6.71mg, Myricetin: 6.71mg Quercetin: 23.15mg, Quercetin: 23.15mg, Quercetin: 23.15mg, Quercetin: 23.15mg

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 %: 0% (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%)