



WHATSheATE



HEALTH SCORE

81%

Summer lamb with carrot & fennel salad



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 450 g lamb loins
- ☐ 4 servings olive oil
- ☐ 1 juice of lime
- ☐ 1 tbsp fennel seeds crushed toasted
- ☐ 1 carrots grated
- ☐ 1 small onion red finely chopped
- ☐ 4 wholewheat pita breads
- ☐ 2 little gem lettuces separated

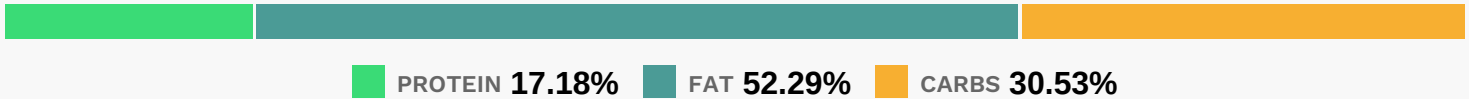
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Rub the lamb with a little oil and half the lime juice, then season with salt and pepper. Barbecue or cook in a hot griddle pan for 10–15 mins, turning occasionally.
- ☐ Remove from the heat, cover with foil and set aside to rest.
- ☐ Meanwhile, whisk the remaining lime juice and the fennel seeds together with some salt and pepper and a little olive oil in a large bowl.
- ☐ Add the carrot and red onion, then mix well.
- ☐ Warm the pitta breads on the barbecue or griddle pan, then make a slit in each to form a pocket. Slice the lamb and stuff into the pittas with the carrot salad and lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:34.19, Inflammation Score:-10, Nutrition Score:41.815651852152%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 709.78kcal (35.49%), Fat: 42.31g (65.1%), Saturated Fat: 13.76g (86.01%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 46.62g (16.95%), Sugar: 14.48g (16.09%), Cholesterol: 82.13mg (27.38%), Sodium: 391.19mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.57%), Vitamin C: 101.79mg (123.39%), Vitamin A: 3686.92IU (73.74%), Vitamin B6: 1.46mg (73.2%), Manganese: 1.44mg (71.77%), Vitamin B2: 1.12mg (65.74%), Potassium: 1923.61mg (54.96%), Vitamin B3: 10.94mg (54.72%), Folate: 206.85µg (51.71%), Phosphorus: 467.64mg (46.76%), Vitamin B12: 2.6µg (43.31%), Zinc: 6.09mg (40.62%), Vitamin B1: 0.58mg (38.38%), Magnesium: 145.25mg (36.31%), Fiber: 8.97g (35.86%), Selenium: 22.44µg (32.06%), Vitamin K: 31.64µg (30.13%), Iron: 4.97mg (27.6%), Copper: 0.53mg (26.59%), Vitamin E: 3.04mg (20.29%), Vitamin B5: 1.92mg (19.16%), Calcium: 181.02mg (18.1%)