

Turkish Kebabs

READY IN



50 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef flank steak thinly sliced
- 1 pinch curry powder
- 1 tablespoon optional: dill fresh chopped
- 1 clove garlic crushed
- 2 garlic cloves crushed
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground turmeric
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil

- 2 large onions chopped
- 1 teaspoon oregano dried
- 6 pita bread rounds
- 0.5 teaspoon salt
- 8 ounces cup heavy whipping cream sour

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- broiler

Directions

- Place the chopped onions in a large ceramic bowl and crush with the bottom of a glass until juice is rendered and onions look translucent. Stir in 2 crushed garlic cloves, 1/2 cup olive oil, 2 tablespoons lemon juice, oregano, 1 teaspoon black pepper, turmeric, curry powder, and 1 teaspoon salt.
- Mix well; add the sliced beef and toss to coat. Cover the bowl with plastic wrap, and marinate in the refrigerator overnight.
- Combine the sour cream, 2 tablespoons olive oil, 1 tablespoon lemon juice, 1/2 teaspoon salt, 1/2 teaspoon black pepper, dill, and 1 crushed clove of garlic.
- Mix well; cover the bowl with plastic wrap and refrigerate overnight.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Remove the meat from the marinade mixture, brushing off extra onions.
- Spread the slices on a baking sheet without overlapping, and salt to taste. Broil about 3 minutes per side or until browned and crispy, turning halfway through cooking.
- Divide the cooked meat between the pita breads, and drizzle with tzatziki sauce to serve.

Nutrition Facts



■ PROTEIN 23.17% ■ FAT 37.64% ■ CARBS 39.19%

Properties

Glycemic Index:41, Glycemic Load:30.26, Inflammation Score:-9, Nutrition Score:13.914347793745%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

Nutrients (% of daily need)

Calories: 398.91kcal (19.95%), Fat: 16.58g (25.5%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 36.43g (13.25%), Sugar: 3.51g (3.9%), Cholesterol: 67.66mg (22.55%), Sodium: 548.42mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.96g (45.91%), Selenium: 24.23µg (34.61%), Vitamin B3: 6.05mg (30.23%), Vitamin B6: 0.58mg (29.03%), Phosphorus: 254.58mg (25.46%), Zinc: 3.62mg (24.14%), Manganese: 0.43mg (21.56%), Vitamin B1: 0.24mg (15.97%), Potassium: 467.6mg (13.36%), Iron: 2.4mg (13.31%), Vitamin B2: 0.22mg (13.14%), Vitamin B12: 0.77µg (12.79%), Calcium: 124.05mg (12.4%), Magnesium: 42.47mg (10.62%), Fiber: 2.4g (9.59%), Copper: 0.19mg (9.37%), Folate: 36.82µg (9.21%), Vitamin B5: 0.9mg (9.05%), Vitamin E: 1.15mg (7.69%), Vitamin C: 5.6mg (6.79%), Vitamin K: 7.04µg (6.71%), Vitamin A: 250.15IU (5%)