



## Turkish Lamb Pitas with Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

### Ingredients

- 1 teaspoon pepper black freshly ground
- 0.5 cup bread fresh french crustless
- 0.5 teaspoon ground pepper
- 1 large eggs
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 3 garlic clove chopped
- 0.5 cup spring onion chopped
- 0.3 teaspoon ground allspice
- 2 teaspoons ground cumin

- 1.5 pounds lamb
- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 4 tablespoons olive oil
- 6 7-inch wholewheat pita breads
- 1 tablespoon pomegranate molasses
- 1.5 teaspoons salt
- 1 large shallots minced
- 6 servings yogurt plain
- 2 cups tomatoes diced canned drained
- 0.5 cup onion white minced
- 1 cup onion white finely chopped

## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- slotted spoon

## Directions

- Combine first 13 ingredients and 2 tablespoons oil in large bowl; mix to blend thoroughly. (Can be prepared 1 day ahead. Cover and refrigerate.) Using moistened hands and 1/4 cup for each, shape lamb mixture into about 20 oval patties measuring approximately 3x1 1/2x1/2 inches. Arrange patties on sheet of foil.
- Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- Add patties; cook until browned, about 4 minutes per side. Using slotted spoon, return patties to foil. Reserve drippings in skillet.
- Heat drippings in skillet over medium heat.
- Add onion and garlic; saut until onion is soft, about 5 minutes.

- Add tomatoes, lemon juice, and allspice. Bring to boil, scraping up browned bits. Stir in pomegranate molasses. Return patties to skillet. Reduce heat to medium-low, cover, and simmer until patties are cooked through and tender, about 20 minutes.
- Transfer patties to bowl. Tilt skillet and spoon fat off top of sauce. Simmer sauce until slightly thickened, mashing tomatoes with back of fork, about 5 minutes. Season with salt and pepper. Return patties to sauce.
- Remove from heat.
- Meanwhile, preheat oven to 350F. Wrap pitas in foil; bake 12 minutes to heat.
- Simmer patties in sauce until heated through; mix in green onions.
- Cut pitas in half; gently open each half.
- Place 1 or 2 patties and some sauce into each pita half and top with dollop of yogurt.
- \*A thick pomegranate syrup that is available at Middle Eastern markets and some supermarkets.

## Nutrition Facts

**PROTEIN 18.16%** **FAT 65.2%** **CARBS 16.64%**

### Properties

Glycemic Index:69.61, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:20.788695755212%

### Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

### Nutrients (% of daily need)

Calories: 523.06kcal (26.15%), Fat: 37.99g (58.44%), Saturated Fat: 13.31g (83.19%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.71g (6.8%), Sugar: 6.78g (7.53%), Cholesterol: 113.8mg (37.93%), Sodium: 880.34mg (38.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.61%), Vitamin B12: 2.7µg (45%), Vitamin B3: 8.67mg (43.36%), Selenium: 30.27µg (43.25%), Vitamin K: 35.33µg (33.65%), Zinc: 4.52mg (30.12%), Phosphorus: 264.23mg (26.42%), Manganese: 0.53mg (26.41%), Iron: 4.36mg (24.24%), Vitamin B2: 0.41mg (23.87%), Vitamin C: 16.89mg (20.47%), Vitamin B1: 0.29mg (19.08%), Vitamin B6: 0.38mg (18.76%), Potassium: 592.66mg (16.93%),

Folate: 67.04µg (16.76%), Vitamin E: 2.42mg (16.11%), Magnesium: 54.75mg (13.69%), Copper: 0.26mg (12.98%),  
Fiber: 3.1g (12.4%), Vitamin B5: 1.24mg (12.36%), Calcium: 109.4mg (10.94%), Vitamin A: 473.41IU (9.47%), Vitamin D:  
0.28µg (1.87%)