



Turkish Lamb Pitas with Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



517 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
- ☐ 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
- ☐ 1 cup onion white finely chopped

Equipment

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

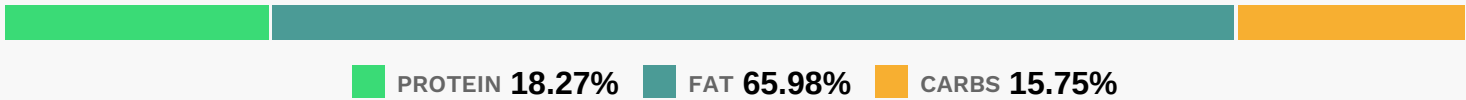
Directions

- ☐ 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; sauté 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 350°F. 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



Properties

Glycemic Index:65.11, Glycemic Load:6.61, Inflammation Score:-6, Nutrition Score:20.384782423144%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 517.18kcal (25.86%), Fat: 37.97g (58.41%), Saturated Fat: 13.3g (83.15%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 17.53g (6.37%), Sugar: 6.15g (6.83%), Cholesterol: 113.8mg (37.93%), Sodium: 879.78mg (38.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Vitamin B12: 2.7µg (45%), Vitamin B3: 8.66mg (43.28%), Selenium: 30.2µg (43.15%), Vitamin K: 35.28µg (33.6%), Zinc: 4.49mg (29.96%), Phosphorus: 260.16mg (26.02%), Manganese: 0.51mg (25.53%), Iron: 4.33mg (24.07%), Vitamin B2: 0.4mg (23.64%), Vitamin B1: 0.28mg (18.63%), Vitamin C: 14.93mg (18.1%), Vitamin B6: 0.36mg (17.9%), Potassium: 570.61mg (16.3%), Vitamin E: 2.41mg (16.07%), Folate: 64µg (16%), Magnesium: 53.27mg (13.32%), Copper: 0.25mg (12.7%), Vitamin B5: 1.22mg (12.17%), Fiber: 2.87g (11.46%), Calcium: 106.18mg (10.62%), Vitamin A: 473IU (9.46%), Vitamin D: 0.28µg (1.87%)