

Greek Lamb Meatball Gyros

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lamb-meatball-recipe>

Ingredients:

- 2/3 cup plain Greek yogurt
- 1/4 cup unsweetened coconut milk or sour cream
- 2 tablespoons mayonnaise optional
- 1/2 lemon medium
- 2 cloves garlic peeled
- 2 teaspoons fresh dill
- 1 1/2 teaspoons granulated sugar
- 1 dash salt & ground black pepper
- 1/2 English cucumber shredded
- 2 cups fresh mint leaves
- 1 cup fresh spinach leaves
- 1/4 cup pine nuts almonds or walnuts
- 2 cloves garlic peeled
- 1/2 lemon
- 1 dash salt and ground black pepper
- 1/4 cup extra virgin olive oil
- 1 pound ground lamb beef or chicken
- 1 teaspoon Dijon mustard
- 1/2 yellow onion finely minced
- 2 cloves garlic finely minced or 1 teaspoon garlic powder
- 1 large egg
- 1/2 cup breadcrumbs
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground black pepper
- cooking spray
- 6 whole pita rounds grain, toasted or grilled
- 1/2 English cucumber diced or sliced
- 1/2 cup crumbled feta cheese
- fresh cilantro leaves

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 105 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 14 grams
8. Sodium: 610 milligrams
9. Sugar: 6 grams

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