



Apple Curry Turkey Pita

READY IN



20 min.

SERVINGS



3

CALORIES



399 kcal

Ingredients

- ☐ 1 medium apples cored thinly sliced
- ☐ 1 tablespoon curry powder to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion sliced
- ☐ 3 pita bread rounds
- ☐ 0.5 cup yogurt plain
- ☐ 0.5 pound turkey cooked cut into chunks

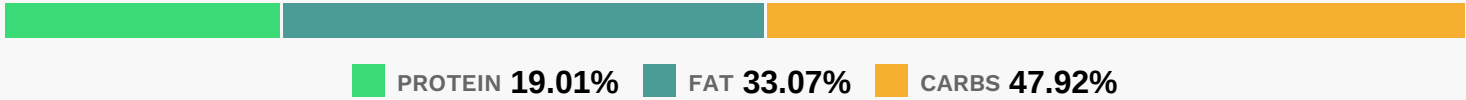
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium-high heat. Stir in onion and lemon juice. Cook until onion is tender.
- ☐ Mix in turkey, season with curry powder and continue cooking until heated through.
- ☐ Remove from heat. Stir in apple. Stuff pitas with the mixture.
- ☐ Drizzle with yogurt to serve.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:32.76, Inflammation Score:-5, Nutrition Score:13.20956519894%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg

Nutrients (% of daily need)

Calories: 398.68kcal (19.93%), Fat: 14.82g (22.79%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 44.01g (16%), Sugar: 10.81g (12.01%), Cholesterol: 43.95mg (14.65%), Sodium: 383.13mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Vitamin B3: 5.52mg (27.61%), Vitamin B6: 0.47mg (23.5%), Manganese: 0.45mg (22.72%), Phosphorus: 221.26mg (22.13%), Selenium: 12.95µg (18.5%), Fiber: 4.29g (17.15%), Vitamin B1: 0.23mg (15.3%), Vitamin B2: 0.25mg (14.64%), Vitamin B12: 0.81µg (13.43%), Vitamin C: 11.04mg (13.38%), Vitamin E: 1.99mg (13.28%), Calcium: 129.63mg (12.96%), Zinc: 1.87mg (12.45%), Potassium:

434.76mg (12.42%), Magnesium: 46.93mg (11.73%), Iron: 2.1mg (11.68%), Copper: 0.19mg (9.71%), Vitamin B5: 0.93mg (9.32%), Folate: 37.09µg (9.27%), Vitamin K: 9.24µg (8.8%), Vitamin A: 124.63IU (2.49%), Vitamin D: 0.2µg (1.35%)