



Beef Pita Pizzas

READY IN



35 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces percent ground beef lean
- 1 small cucumber peeled cut into half moons
- 0.5 cup percent greek yogurt plain
- 1 head green-leaf lettuce
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 1 medium onion finely chopped
- 0.5 cup pickled beets cut into bite-size pieces
- 4 pocketless pitas whole-wheat

- 1 medium bell pepper red finely chopped
- 1 tablespoon red wine vinegar
- 2 tablespoons tomato paste

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Position a rack in the upper third of the oven and preheat to 400 degrees F.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add the onion and bell pepper and cook, stirring occasionally, until golden, 6 to 8 minutes.
- Add the tomato paste and cook, stirring, until brick red, 1 minute.
- Add the beef, 2 tablespoons water, 3/4 teaspoon salt, and pepper to taste and cook, breaking up the meat, until browned, 3 to 4 minutes.
- Remove from the heat and stir in 1/4 cup yogurt and 2 teaspoons vinegar. Season with salt and pepper and transfer to a bowl. Wipe out the skillet and return to medium heat.
- Brush the pitas with 1 tablespoon olive oil, then lightly toast in the skillet, about 45 seconds per side. Arrange the pitas on a baking sheet and top evenly with the beef mixture.
- Transfer to the oven and bake 6 minutes.
- Whisk the remaining 1/4 cup yogurt, 1 tablespoon each olive oil and vinegar, and salt and pepper to taste in a bowl.
- Add the lettuce, beets and cucumber and toss. Slice the pizzas and serve with the salad.
- Photograph by Christopher Testani

Nutrition Facts



■ PROTEIN **20.87%** ■ FAT **37.64%** ■ CARBS **41.49%**

Properties

Glycemic Index:54, Glycemic Load:30.62, Inflammation Score:-10, Nutrition Score:27.448695633722%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 412.7kcal (20.63%), Fat: 17.32g (26.64%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 38.47g (13.99%), Sugar: 6.63g (7.36%), Cholesterol: 38.1mg (12.7%), Sodium: 673.59mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Vitamin A: 7753.06IU (155.06%), Vitamin K: 125.54µg (119.56%), Vitamin C: 52.22mg (63.29%), Manganese: 0.69mg (34.36%), Vitamin B3: 5.08mg (25.41%), Phosphorus: 253.3mg (25.33%), Zinc: 3.77mg (25.1%), Vitamin B6: 0.49mg (24.72%), Vitamin B12: 1.43µg (23.8%), Iron: 3.82mg (21.23%), Folate: 84.14µg (21.04%), Potassium: 729.87mg (20.85%), Vitamin B2: 0.35mg (20.49%), Vitamin B1: 0.29mg (19.31%), Selenium: 13.16µg (18.81%), Vitamin E: 2.73mg (18.21%), Fiber: 4.48g (17.93%), Magnesium: 58.54mg (14.63%), Calcium: 135.57mg (13.56%), Copper: 0.25mg (12.57%), Vitamin B5: 1.03mg (10.3%)