



Easy Gyro Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cucumber coarsely chopped
- 0.5 cup feta cheese crumbled
- 2 cloves garlic finely chopped
- 0.5 lb pd of ground turkey 90% lean (at least)
- 0.5 teaspoon oregano dried
- 4 slices onion red thin
- 13.8 oz pizza dough refrigerated pillsbury® canned
- 0.3 teaspoon salt
- 6 oz mozzarella cheese shredded

- 0.5 cup cream sour
- 1 medium tomatoes coarsely chopped

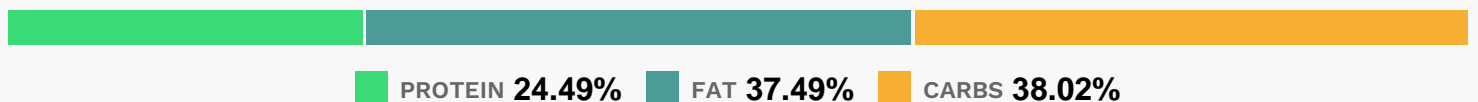
Equipment

- frying pan
- oven

Directions

- Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. Press pizza dough in bottom and slightly up sides of pan to form crust.
- Bake about 7 minutes or until crust just begins to turn brown on edges.
- Meanwhile, in 6-inch skillet, cook turkey and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until turkey is no longer pink. Stir in oregano and salt.
- Spread sour cream over warm crust.
- Sprinkle with 1 cup of the mozzarella cheese. Evenly top cheese with cooked turkey.
- Sprinkle with cucumber and tomato. Separate red onion into rings; arrange over tomato.
- Sprinkle with remaining 1/2 cup mozzarella cheese and the feta cheese.
- Bake 13 to 14 minutes or until edges of crust are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:7.9886956836866%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 277.66kcal (13.88%), Fat: 11.69g (17.99%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.48g (9.27%), Sugar: 4.63g (5.14%), Cholesterol: 49.21mg (16.4%), Sodium: 686.8mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Phosphorus: 191.81mg (19.18%), Calcium: 177.25mg (17.73%), Selenium: 11.98µg (17.11%), Vitamin B6: 0.33mg (16.71%), Vitamin B3: 3mg (14.98%), Vitamin B12: 0.82µg (13.63%), Vitamin B2: 0.2mg (11.92%), Iron: 1.85mg (10.26%), Zinc: 1.51mg (10.06%), Vitamin A: 419.32IU (8.39%), Potassium: 191.79mg (5.48%), Magnesium: 20.11mg (5.03%), Fiber: 1.19g (4.77%), Vitamin B5: 0.48mg (4.76%), Vitamin C: 3.39mg (4.11%), Vitamin B1: 0.06mg (3.72%), Vitamin K: 3.8µg (3.62%), Manganese: 0.07mg (3.35%), Folate: 13.32µg (3.33%), Copper: 0.05mg (2.41%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.24µg (1.57%)