



Meat Lover's Pizza

READY IN



60 min.

SERVINGS



10

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons canola oil
- 2 teaspoons thyme sprigs fresh chopped
- 2 cloves garlic minced
- 1 pound pd of ground turkey
- 1 onion chopped
- 0.5 cup parmesan grated
- 1 cup part-skim mozzarella cheese shredded
- 4 6-inch wholewheat pita breads
- 10 servings salt and pepper

- 1 tablespoon tomato paste
- 3 large tomatoes cored chopped ()

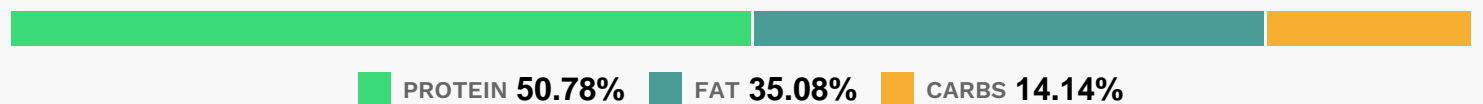
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- serrated knife

Directions

- Preheat oven to 400F. Line 2 large baking sheets with foil. Mist foil with cooking spray.
- Warm oil in a large skillet over medium-high heat.
- Add onion and saut until tender, 3 to 5 minutes.
- Add garlic and saut 1 minute longer. Stir in tomatoes and tomato paste; cook, stirring often, until thick and pulpy, about 10 minutes.
- Add turkey and cook, stirring often and breaking up any large clumps with a spoon, until most of liquid has evaporated, 10 to 15 minutes. Stir in thyme and season with salt and pepper.
- Using a serrated knife, cut each pita in half horizontally.
- Place rounds, cut side up, on baking sheets. Divide turkey mixture among rounds (about 1/2 cup each) and sprinkle with mozzarella and Parmesan, if desired.
- Bake until cheese has melted and pizzas are lightly browned, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:8.9317390970562%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 123.86kcal (6.19%), Fat: 4.9g (7.54%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.27g (2.52%), Cholesterol: 35.52mg (11.84%), Sodium: 384.44mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin B3: 4.84mg (24.18%), Vitamin B6: 0.47mg (23.52%), Phosphorus: 208.87mg (20.89%), Selenium: 12.99µg (18.55%), Calcium: 159.88mg (15.99%), Vitamin A: 602.76IU (12.06%), Vitamin C: 9.47mg (11.48%), Zinc: 1.38mg (9.23%), Potassium: 314.87mg (9%), Vitamin B2: 0.12mg (6.88%), Magnesium: 26.61mg (6.65%), Vitamin B12: 0.38µg (6.39%), Manganese: 0.11mg (5.27%), Vitamin K: 5.38µg (5.13%), Vitamin B5: 0.5mg (5.02%), Vitamin B1: 0.06mg (4.05%), Iron: 0.72mg (4%), Fiber: 0.99g (3.94%), Folate: 15.75µg (3.94%), Copper: 0.08mg (3.89%), Vitamin E: 0.56mg (3.77%), Vitamin D: 0.24µg (1.6%)