



## Moroccan turkey salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 wholewheat pita breads
- ☐ 2 tbsp olive oil
- ☐ 1 eggplant diced
- ☐ 1 tbsp harissa
- ☐ 250 g cherry tomatoes halved
- ☐ 500 g turkey gravy shredded leftover
- ☐ 100 g arugula
- ☐ 1 pomegranate seeds

☐ 3 mint leaves

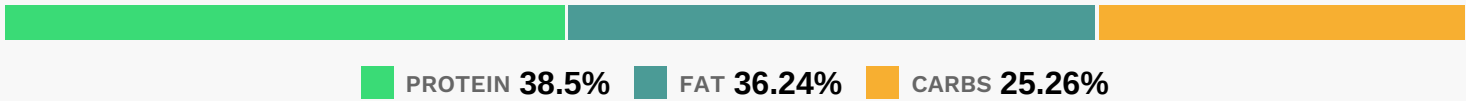
## Equipment

☐ bowl

## Directions

- ☐ Tear the pitta into pieces and fry in the olive oil until crisp. Tip into a bowl, then fry the aubergine for 10 mins until soft.
- ☐ Add to the pitta with the harissa, tomatoes, turkey and rocket. Toss well. Scatter over pomegranate seeds and mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:56.5, Glycemic Load:15.71, Inflammation Score:-8, Nutrition Score:24.628695570904%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 425.44kcal (21.27%), Fat: 17.03g (26.21%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 21.67g (7.88%), Sugar: 6.64g (7.38%), Cholesterol: 136.25mg (45.42%), Sodium: 345.38mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.72g (81.44%), Vitamin B3: 13.79mg (68.96%), Selenium: 38.02µg (54.32%), Vitamin B6: 0.95mg (47.52%), Phosphorus: 366.48mg (36.65%), Vitamin K: 37.46µg (35.67%), Manganese: 0.57mg (28.64%), Vitamin B2: 0.46mg (27.1%), Vitamin C: 21.38mg (25.92%), Zinc: 3.74mg (24.92%), Potassium: 841.86mg (24.05%), Vitamin B12: 1.27µg (21.25%), Vitamin A: 1031.32IU (20.63%), Fiber: 5.05g (20.19%), Magnesium: 79.26mg (19.82%), Folate: 76.82µg (19.21%), Vitamin B5: 1.81mg (18.11%), Copper: 0.33mg (16.48%), Iron: 2.92mg (16.2%), Vitamin B1: 0.21mg (14.22%), Vitamin E: 1.97mg (13.13%), Calcium: 101.43mg (10.14%), Vitamin D: 0.5µg (3.33%)