



Turkey Burger Pitas with Tahini Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

Ingredients

- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 pound pd of ground turkey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 leaf lettuce leaves green
- ☐ 0.3 teaspoon onion powder
- ☐ 2 6-inch pitas whole-wheat cut in half ()
- ☐ 0.5 cup yogurt plain 2% greek-style
- ☐ 0.5 teaspoon salt

- ☐ 1 Dash salt
- ☐ 1 tablespoon tahini (sesame seed paste)
- ☐ 4 slices tomatoes (1/4-inch)

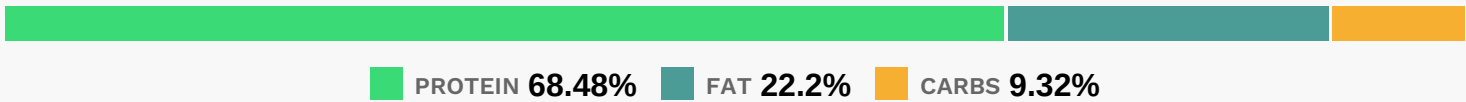
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Combine onions, parsley, 1/2 teaspoon salt, onion powder, and turkey in a large bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan, and cook for 4 minutes on each side or until done.
- ☐ Line each pita half with 1 lettuce leaf; add 1 patty, 1 tomato slice, and 2 tablespoons tahini sauce to each pita half.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:17.38130440401%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 175.74kcal (8.79%), Fat: 4.4g (6.76%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.75g (1.95%), Cholesterol: 63.62mg (21.21%), Sodium: 375.74mg (16.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Vitamin K: 65.55µg (62.43%), Vitamin B3: 11.53mg (57.63%), Vitamin B6: 1.03mg (51.67%), Selenium: 29µg (41.43%), Phosphorus: 334mg (33.4%), Zinc: 2.43mg (16.17%), Potassium: 492.98mg (14.09%), Vitamin A: 646IU (12.92%), Vitamin B12: 0.75µg (12.56%), Vitamin B2: 0.21mg (12.31%), Vitamin C: 9.86mg (11.95%), Magnesium: 45.59mg (11.4%), Vitamin B5: 1.13mg (11.32%), Vitamin B1: 0.16mg (10.39%), Iron: 1.44mg (8.03%), Copper: 0.16mg (8.03%), Folate: 27.96µg (6.99%), Calcium: 50.67mg (5.07%), Manganese: 0.07mg (3.73%), Fiber: 0.82g (3.3%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.29mg (1.93%)