



Turkey Kofte with Apple Raita and Spinach

 Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 0.5 pound baby spinach washed and dried
- 4 servings pepper black freshly ground
- 0.3 teaspoon cayenne powder
- 1 pinch cayenne pepper
- 0.3 cup flat-leaf parsley finely chopped
- 3 cloves garlic finely chopped
- 1 apples i use 2 granny smith apples diced cored finely

- 1 cup greek yogurt
- 0.5 teaspoon ground cinnamon
- 1 pinch ground cinnamon
- 1 teaspoon ground cumin
- 1 juice of lemon juiced
- 0.5 teaspoon kosher salt
- 1.5 pounds pd of ground turkey lean
- 6 tablespoons olive oil
- 4 servings pita bread lightly toasted
- 1 small onion red finely grated
- 1 small onion red halved thinly sliced
- 4 servings salt
- 3 tablespoons tomato paste

Equipment

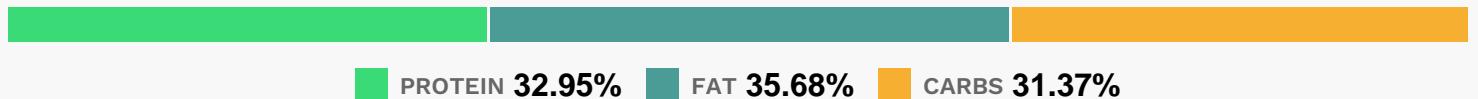
- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Whisk together 2 tablespoons of the oil, tomato paste, onion, garlic, cumin, cinnamon, allspice, cayenne, and salt and pepper in a large bowl.
- Add the turkey and parsley and using your hands, gently mix until combined. Cover the mixture and refrigerate for at least 1 hour to allow the flavors meld. Can be made 8 hours in advance and refrigerated.
- Heat the grill to high.
- Divide the mixture into 12 equal portions and roll into balls. Gently press down on the top of each patty to flatten slightly.
- Brush the patties on both sides with 2 tablespoons oil and season with salt and pepper.

- Grill the kofte until golden brown on both sides and cooked through, about 3 minutes perside.
- Whisk together the lemon juice and remaining 2 tablespoons of oil in a large bowl and season with salt and pepper.
- Add the spinach and toss to lightly coat the leaves in the dressing. Fill each pita with 3 of the patties, top with spinach, red onions and raita.
- Place a patty
- Transfer the spinach to a platter and arrange the kofte on top of the leaves. Top each patty with some of the raita.
- Stir together the yogurt, apple, salt, cinnamon and cayenne in a small bowl. Cover and refrigerate for at least 30 minutes to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:33.22, Inflammation Score:-10, Nutrition Score:41.717825806659%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg

Nutrients (% of daily need)

Calories: 639.54kcal (31.98%), Fat: 25.81g (39.71%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 51.05g (17.02%), Net Carbohydrates: 45.52g (16.55%), Sugar: 10.68g (11.86%), Cholesterol: 96.05mg (32.02%), Sodium: 1035.74mg (45.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.25%), Vitamin K: 351.03µg (334.31%), Vitamin A: 5957.96IU (119.16%), Vitamin B3: 18.82mg (94.11%), Vitamin B6: 1.77mg (88.59%), Selenium: 44.41µg (63.45%), Phosphorus: 576.92mg (57.69%), Manganese: 1.05mg (52.69%), Vitamin C: 33.58mg (40.7%), Folate:

161.4µg (40.35%), Potassium: 1261.56mg (36.04%), Vitamin E: 5.02mg (33.46%), Magnesium: 132.64mg (33.16%), Vitamin B2: 0.54mg (31.55%), Zinc: 4.33mg (28.83%), Iron: 4.99mg (27.71%), Vitamin B1: 0.36mg (24.27%), Fiber: 5.52g (22.1%), Vitamin B5: 2.07mg (20.75%), Calcium: 204.78mg (20.48%), Vitamin B12: 1.22µg (20.29%), Copper: 0.38mg (18.75%), Vitamin D: 0.68µg (4.54%)