



 **51%**  
HEALTH SCORE

## Turkey Oven Sandwich

READY IN



35 min.

SERVINGS



2

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound pd of ground turkey
- 1 tablespoon butter
- 0.5 teaspoon poultry seasoning
- 2 6-inch wholewheat pita breads (es in diameter)
- 1 medium tomatoes thinly sliced
- 0.5 cup celery stalks sliced
- 2 ounces sharp cheddar cheese shredded
- 0.5 cup cream sour
- 0.3 cup salad dressing

- 1 tablespoon onion chopped
- 1 serving paprika

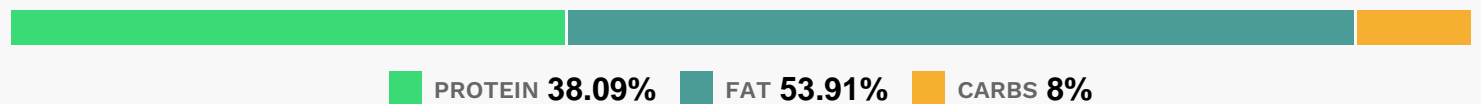
## Equipment

- frying pan
- oven
- knife

## Directions

- Heat oven to 425°F. Cook turkey, butter and poultry seasoning in 10-inch skillet over medium heat, stirring occasionally, until turkey is no longer pink; drain.
- Split each pita bread around edge with knife to make 2 rounds. Line bottom and about halfway up sides of ungreased square pan, 9x9x2 inches, with pita breads (they will overlap slightly in middle).
- Layer turkey, tomato and celery on pitas.
- Mix remaining ingredients except paprika; spoon over top.
- Sprinkle with paprika.
- Bake 12 to 15 minutes or until topping is light brown.

## Nutrition Facts



## Properties

Glycemic Index:118, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:32.328695525294%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 651.57kcal (32.58%), Fat: 39.47g (60.72%), Saturated Fat: 14.75g (92.18%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.54g (4.19%), Sugar: 8.57g (9.52%), Cholesterol: 187.01mg (62.34%), Sodium: 803.48mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.74g (125.48%), Vitamin B3: 22.73mg (113.64%), Vitamin B6: 2.11mg (105.74%), Selenium: 61.28µg (87.54%), Phosphorus: 723.09mg (72.31%), Vitamin A: 2094.94IU (41.9%), Vitamin K: 40.58µg (38.65%), Zinc: 5.46mg (36.42%), Potassium: 1044.72mg (29.85%), Calcium: 298.03mg (29.8%), Vitamin B2: 0.5mg (29.65%), Vitamin B12: 1.58µg (26.42%), Vitamin B5: 2.46mg (24.64%), Magnesium: 94.55mg (23.64%), Vitamin E: 2.36mg (15.76%), Iron: 2.56mg (14.24%), Vitamin B1: 0.21mg (13.77%), Vitamin C: 10.34mg (12.53%), Folate: 48.3µg (12.08%), Copper: 0.22mg (10.94%), Manganese: 0.19mg (9.62%), Vitamin D: 1.08µg (7.18%), Fiber: 1.65g (6.62%)