



Turkey & pepper pittas

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



522 kcal

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 200 g turkey breast cutlets cut into strips
- ☐ 1 pinch pepper
- ☐ 1 bell pepper red yellow deseeded cut into strips
- ☐ 3 spring onion trimmed sliced
- ☐ 1 avocado peeled sliced
- ☐ 1 handful cilantro leaves
- ☐ 2 day old pita bread toasted halved
- ☐ 2 tbsp cream

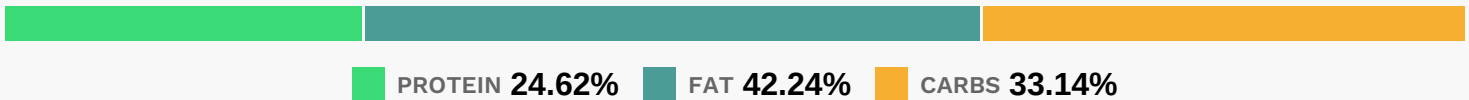
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok or large frying pan and fry the turkey and chilli flakes for 5–6 mins.
- ☐ Add the peppers and spring onions and stir-fry until the turkey is cooked but the peppers still have crunch. Season.
- ☐ Divide the avocado and coriander between the pitta halves, then spoon in the turkey and pepper mix.
- ☐ Add a dollop of soured cream to each and serve straight away.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:28.298260892215%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 521.99kcal (26.1%), Fat: 25.74g (39.6%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 33.5g (12.18%), Sugar: 5.62g (6.24%), Cholesterol: 69.58mg (23.19%), Sodium: 299.65mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.52%), Vitamin C: 90.24mg (109.38%), Vitamin K: 72.71µg (69.25%), Manganese: 1.22mg (61.16%), Vitamin A: 2413.68IU (48.27%), Fiber: 11.94g (47.76%), Selenium: 25.68µg (36.69%), Folate: 141.87µg (35.47%), Vitamin E: 4.58mg (30.56%), Vitamin B6: 0.6mg (29.99%), Potassium: 784.31mg (22.41%), Vitamin B5: 2.12mg (21.16%), Vitamin B3: 4.06mg (20.28%), Vitamin B1: 0.3mg (20.2%), Magnesium: 80.32mg (20.08%), Copper: 0.39mg (19.28%), Phosphorus: 185.42mg (18.54%), Iron: 3.04mg

(16.89%), Vitamin B2: 0.26mg (15.55%), Zinc: 1.77mg (11.77%), Calcium: 51.28mg (5.13%)