



Turkey Shawarma with Tomato Relish and Tahini Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper hot
- 2 teaspoons kosher salt
- 1 cup dill pickles sour thinly sliced
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon pepper black
- 1 teaspoon pepper white

- 8 tablespoons olive oil extra virgin extra-virgin divided ()
- 2 onion cut into 1/4-inch-thick rounds
- 8 wholewheat pita breads whole
- 2.5 pounds turkey breast cutlets
- 1 tablespoon turmeric

Equipment

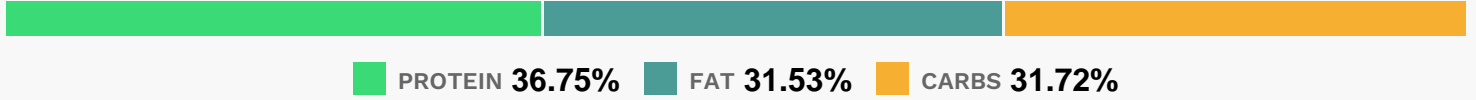
- bowl
- grill
- glass baking pan

Directions

- Arrange turkey cutlets in 15x10x2-inch glassbaking dish.
- Spread onion slices in 13x9x2-inch glass baking dish.
- Mix turmeric, coarsesalt, ground coriander, ground cumin, blackpepper, white pepper, and hot paprika insmall bowl.
- Sprinkle onion slices with 1tablespoon spice mixture, then drizzle 2tablespoons olive oil over, turning onions tocoat both sides.
- Sprinkle remaining spicemixture over both sides of turkey cutlets,rubbing in spice mixture with fingertipsto coat.
- Drizzle 4 tablespoons olive oil overturkey, turning cutlets to coat both sides.Cover and chill onions and turkey at least4 hours and up to 8 hours.
- Prepare barbecue (medium-high heat).
- Brush grill rack with oil.
- Brush pita breadswith 2 tablespoons oil. Grill onion slicesuntil tender, about 4 minutes per side. Grillturkey cutlets until cooked through, about3 minutes per side. Grill pita breads untilgrill marks appear, about 2 minutes per side.
- Transfer turkey cutlets and onion slices tocutting board and keep pita breads warm.Working in batches, stack several turkeyslices and cut thinly crosswise. Repeatstacking and cutting with onion slices.
- Mixtogether turkey and onions in large bowl.

- Place 1 pita bread on each of 8 plates. Top with turkey-onion mixture, then
- Tomato Relish, Tahini Sauce, and eggplant and serve.
- *Eggplant packed in a pickling brine of water, vinegar, salt, herbs, and spices; sold at Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index: 24.75, Glycemic Load: 29.71, Inflammation Score: -10, Nutrition Score: 6.3960869001306%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 450.26kcal (22.51%), Fat: 15.7g (24.16%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 33.05g (12.02%), Sugar: 1.46g (1.62%), Cholesterol: 88.59mg (29.53%), Sodium: 1093.61mg (47.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.18g (82.36%), Manganese: 0.45mg (22.44%), Vitamin E: 2.16mg (14.37%), Vitamin B1: 0.18mg (11.72%), Vitamin K: 12.28µg (11.7%), Iron: 1.88mg (10.46%), Fiber: 2.5g (9.98%), Calcium: 74.25mg (7.43%), Phosphorus: 72.36mg (7.24%), Vitamin B3: 1.34mg (6.72%), Copper: 0.13mg (6.44%), Magnesium: 23.86mg (5.97%), Folate: 20.79µg (5.2%), Potassium: 169.07mg (4.83%), Vitamin B2: 0.08mg (4.66%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.08mg (4.1%), Vitamin C: 3mg (3.64%), Vitamin A: 141.83IU (2.84%), Vitamin B5: 0.27mg (2.69%)