



## Turkey Shawarma with Tomato Relish and Tahini Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



571 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
- 8 servings tahini
- 8 servings tomatoes
- 2.5 pounds turkey breast cutlets
- 1 tablespoon turmeric

## Equipment

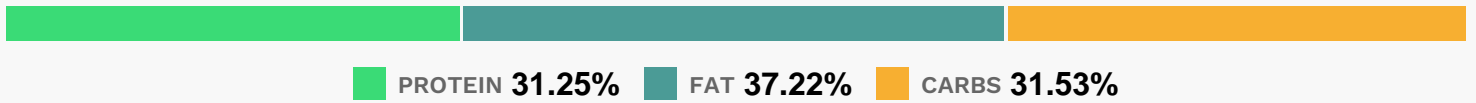
- bowl
- grill
- glass baking pan

## 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 in small bowl.
- Sprinkle onion slices with 1tablespoon spice mixture, then drizzle 2tablespoons olive oil over, turning onions to coat both sides.
- Sprinkle remaining spicemixture over both sides of turkey cutlets, rubbing in spice mixture with fingertipsto coat.
- Drizzle 4 tablespoons olive oil over turkey, turning cutlets to coat both sides. Cover and chill onions and turkey at least 4 hours and up to 8 hours.
- Prepare barbecue (medium-high heat).
- Brush grill rack with oil.
- Brush pita bread with 2 tablespoons oil. Grill onion slices until tender, about 4 minutes per side. Grill turkey cutlets until cooked through, about 3 minutes per side. Grill pita breads until grill marks appear, about 2 minutes per side.

- Transfer turkey cutlets and onion slices to cutting board and keep pita breads warm. Working in batches, stack several turkey slices and cut thinly crosswise. Repeat stacking and cutting with onion slices.
- Mix together 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: 29.5, Glycemic Load: 31.55, Inflammation Score: -10, Nutrition Score: 16.677391321763%

### Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg 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: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

### Nutrients (% of daily need)

Calories: 571.46kcal (28.57%), Fat: 24.01g (36.94%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 40.41g (14.69%), Sugar: 6.19g (6.88%), Cholesterol: 88.59mg (29.53%), Sodium: 1107.86mg (48.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.37g (90.74%), Vitamin C: 28.29mg (34.3%), Vitamin A: 1651.28IU (33.03%), Manganese: 0.65mg (32.7%), Vitamin B1: 0.48mg (32.06%), Vitamin K: 26.5µg (25.24%), Copper: 0.48mg (23.82%), Phosphorus: 234.06mg (23.41%), Fiber: 5.36g (21.44%), Vitamin E: 3.13mg (20.85%), Potassium: 664.52mg (18.99%), Iron: 3.03mg (16.84%), Vitamin B3: 3.26mg (16.29%), Folate: 62.49µg (15.62%), Magnesium: 57.91mg (14.48%), Vitamin B6: 0.25mg (12.43%), Calcium: 113.4mg (11.34%), Zinc: 1.62mg (10.82%), Selenium: 5.52µg (7.89%), Vitamin B2: 0.13mg (7.74%), Vitamin B5: 0.43mg (4.29%)