



Turkey Souvlaki with Garlic-Yogurt Sauce

READY IN



15 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 0.3 cup cucumber grated
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 8 pieces lettuce
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 8 pita pockets traditional preferably the "pillowy" pockets that are slightly thicker than pita pockets
- ☐ 1 cup lowfat yogurt plain

☐ 4 reserved turkey burgers

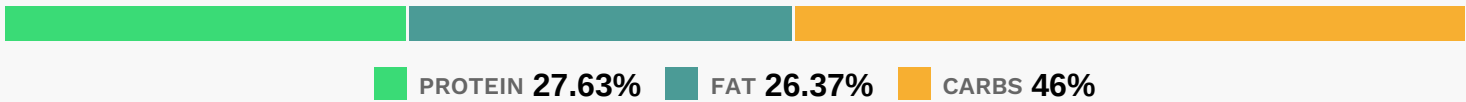
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat large skillet over medium heat and add 1 tablespoon of oil. Break turkey burgers up into small pieces and add pieces to skillet.
- ☐ Add allspice, cumin, and oregano and mix well. Cook 5 minutes to heat through, stirring frequently.
- ☐ Meanwhile, in a small bowl, combine yogurt, cucumber and garlic powder.
- ☐ Mix well.
- ☐ Place a piece of lettuce in the bottom of the pita pocket. Spoon turkey mixture onto lettuce in pita pockets and top with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:58.86, Inflammation Score:-7, Nutrition Score:14.564347671426%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 644.15kcal (32.21%), Fat: 18.27g (28.11%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 71.73g (23.91%), Net Carbohydrates: 67.4g (24.51%), Sugar: 6.72g (7.47%), Cholesterol: 111.52mg (37.17%), Sodium: 791.44mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.08g (86.17%), Manganese: 0.75mg (37.67%), Vitamin K: 33.44µg (31.85%), Calcium: 273.54mg (27.35%), Vitamin B1: 0.38mg (25.54%), Iron: 4.17mg (23.14%),

Phosphorus: 228.29mg (22.83%), Folate: 69.61µg (17.4%), Fiber: 4.33g (17.32%), Vitamin B2: 0.28mg (16.23%),
Vitamin A: 761.45IU (15.23%), Potassium: 479.21mg (13.69%), Vitamin B3: 2.68mg (13.39%), Magnesium: 52.94mg
(13.24%), Copper: 0.24mg (12.24%), Zinc: 1.74mg (11.57%), Vitamin B5: 0.94mg (9.4%), Vitamin B6: 0.14mg (7.05%),
Vitamin B12: 0.34µg (5.72%), Vitamin E: 0.84mg (5.62%), Vitamin C: 4.2mg (5.09%), Selenium: 2.38µg (3.41%)