



Turkish Pizza

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 2 wholewheat pita breads halved
- ☐ 1 bunch pkt spinach fresh

☐ 2 tablespoons butter unsalted

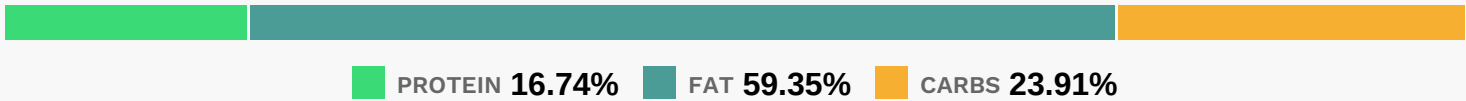
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425 F.
- ☐ Place the pita halves, cut-side up, on a baking sheet.
- ☐ Brush with the oil and sprinkle with 3/4 teaspoon of the paprika; set aside. In a large skillet, over medium heat, melt the butter.
- ☐ Add the spinach, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper and cook, tossing frequently, until the spinach has wilted, about 2 minutes. Divide the spinach among the pitas. Make a well in the center of each bed of spinach and crack 1 egg into the well. Season the egg with the remaining paprika, salt, and pepper and sprinkle with the Feta.
- ☐ Bake until the eggs are set, about 11 minutes for runny yolks.
- ☐ Serve with the mint and stuffed grape leaves (if desired).

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:27.062174029972%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 331.53kcal (16.58%), Fat: 22.2g (34.15%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.43g (6.34%), Sugar: 0.6g (0.67%), Cholesterol: 217.74mg (72.58%), Sodium: 939.28mg (40.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.17%), Vitamin K: 416.35µg (396.52%), Vitamin A: 8741.46IU (174.83%), Folate: 201.6µg (50.4%), Manganese: 0.94mg (47.08%), Vitamin B2: 0.58mg (34.31%), Vitamin C: 23.89mg (28.96%), Selenium: 19.12µg (27.32%), Vitamin E: 3.6mg (24.01%), Phosphorus: 234.45mg (23.44%), Calcium: 232.39mg (23.24%), Iron: 3.85mg (21.41%), Magnesium: 85.25mg (21.31%), Vitamin B6: 0.35mg (17.55%), Potassium: 603.43mg (17.24%), Vitamin B12: 0.77µg (12.9%), Vitamin B1: 0.19mg (12.8%), Zinc: 1.9mg (12.68%), Vitamin B5: 1.14mg (11.36%), Fiber: 2.69g (10.77%), Copper: 0.21mg (10.31%), Vitamin D: 1.18µg (7.87%), Vitamin B3: 1.49mg (7.47%)