



## Turkish Turkey Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup tomatoes diced canned drained
- ☐ 0.3 cup flat-leaf parsley fresh divided chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 pound pd of ground turkey lean
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon olive oil

- ☐ 4 4-inch pitas ()
- ☐ 1.5 teaspoons pomegranate molasses
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.8 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

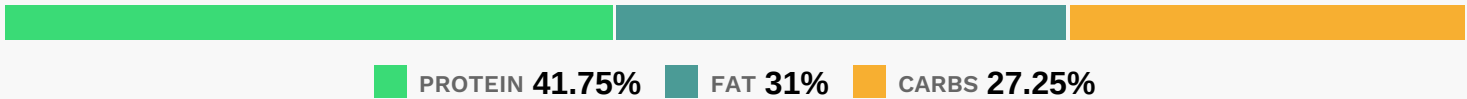
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; cook 2 minutes or until tender.
- ☐ Add turkey; cook 3 minutes.
- ☐ Add tomato, 2 tablespoons parsley, tomato paste, and next 3 ingredients (through allspice) to pan; reduce heat to medium. Cook 5 minutes or until liquid almost evaporates.
- ☐ Place pitas on a baking sheet.
- ☐ Combine low-fat yogurt, salt, black pepper, and red pepper in a small bowl; spread evenly over pitas. Divide turkey mixture evenly over pitas; sprinkle evenly with remaining 2 tablespoons parsley.
- ☐ Bake at 450 for 5 minutes; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:79.25, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:15.544782483059%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 144.26kcal (7.21%), Fat: 5.15g (7.93%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.76g (6.4%), Cholesterol: 32.1mg (10.7%), Sodium: 457.58mg (19.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.22%), Vitamin K: 67.48µg (64.27%), Vitamin C: 37.85mg (45.88%), Vitamin B6: 0.67mg (33.5%), Vitamin B3: 6.39mg (31.96%), Vitamin A: 1160.15IU (23.2%), Selenium: 13.52µg (19.32%), Phosphorus: 183.99mg (18.4%), Potassium: 472.87mg (13.51%), Vitamin E: 1.54mg (10.25%), Vitamin B2: 0.16mg (9.6%), Iron: 1.69mg (9.4%), Zinc: 1.41mg (9.37%), Magnesium: 36.05mg (9.01%), Manganese: 0.18mg (8.82%), Folate: 32.05µg (8.01%), Fiber: 1.97g (7.88%), Vitamin B5: 0.78mg (7.84%), Vitamin B1: 0.1mg (6.87%), Calcium: 67.27mg (6.73%), Vitamin B12: 0.37µg (6.25%), Copper: 0.12mg (5.95%), Vitamin D: 0.23µg (1.51%)