



Artichoke-Basil Pita Pizzas

 Vegetarian

READY IN



27 min.

SERVINGS



4

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped quartered canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.8 cup grape tomatoes quartered
- ☐ 2 teaspoons olive oil
- ☐ 4 ounces pre-shredded part-skim mozzarella cheese
- ☐ 2 6-inch pita rounds whole wheat white ()

☐ 0.3 cup onion red thinly sliced

Equipment

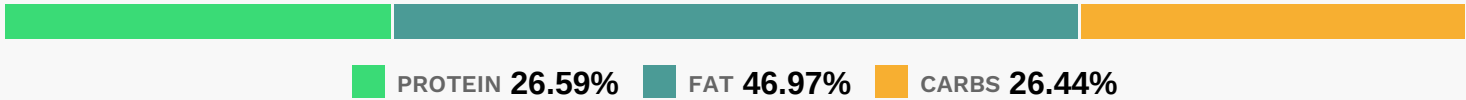
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Split pita rounds in half horizontally, forming pizza crust.
- ☐ Place pita halves, cut sides up, on an ungreased baking sheet; sprinkle with garlic.
- ☐ Drizzle 1/2 teaspoon oil over each pita half; top evenly with artichokes and remaining ingredients.
- ☐ Bake at 425 for 8 minutes or until cheese melts and edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:6.7791303603545%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 130.08kcal (6.5%), Fat: 6.66g (10.25%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.31g (2.57%), Cholesterol: 18.14mg (6.05%), Sodium: 549.11mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Calcium: 255.12mg (25.51%), Vitamin K: 21.24µg (20.23%), Phosphorus: 149.47mg (14.95%), Manganese: 0.21mg (10.33%), Fiber: 2.55g (10.19%), Vitamin A: 414.05IU (8.28%), Selenium: 4.83µg (6.91%), Vitamin C: 5.51mg (6.68%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.97mg (6.44%), Iron: 1.16mg (6.42%), Vitamin B6: 0.11mg (5.44%), Magnesium: 18.98mg (4.75%), Vitamin E: 0.64mg (4.27%), Potassium: 146.26mg (4.18%), Vitamin B12: 0.23µg (3.87%), Folate: 12.04µg (3.01%), Copper: 0.06mg (3.01%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.31mg (1.53%)