



Artichoke-Tomato Pitas

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

Ingredients

- ☐ 14 ounce artichoke hearts drained sliced canned
- ☐ 0.5 cup basil fresh sliced
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 4 8-inch pita bread rounds ()
- ☐ 2 cups plum tomatoes seeded chopped
- ☐ 0.3 cup dressing fat-free ranch-style

Equipment

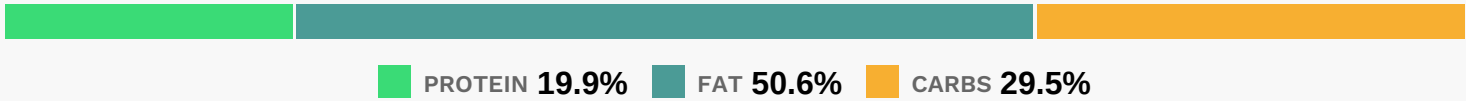
- ☐ baking sheet
- ☐ oven

☐ wax paper

Directions

- ☐ Place pita rounds on a large baking sheet.
- ☐ Place one-fourth of artichoke, tomato, basil, and dressing down center of each pita.
- ☐ Sprinkle each serving with 1/4 cup cheese. Broil 3 inches from heat (with electric oven door partially opened) 2 to 3 minutes or until cheese melts.
- ☐ Remove from oven.
- ☐ Roll up each pita; wrap bottom of each pita roll in wax paper or decorative tissue paper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:9.4373913096345%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 182.77kcal (9.14%), Fat: 10.17g (15.65%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 10.33g (3.75%), Sugar: 7.52g (8.35%), Cholesterol: 24.55mg (8.18%), Sodium: 686.05mg (29.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 32.58µg (31.03%), Vitamin A: 1289.84IU (25.8%), Calcium: 241.1mg (24.11%), Vitamin C: 16.84mg (20.41%), Phosphorus: 168.86mg (16.89%), Fiber: 3.02g (12.07%), Manganese: 0.19mg (9.69%), Potassium: 319.69mg (9.13%), Vitamin E: 1.18mg (7.89%), Vitamin B2: 0.12mg (7.07%), Zinc: 1.04mg (6.94%), Selenium: 4.84µg (6.92%), Vitamin B6: 0.12mg (6.03%), Folate: 23.2µg (5.8%), Magnesium: 22.18mg (5.55%), Copper: 0.09mg (4.65%), Vitamin B12: 0.25µg (4.11%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.06mg (3.86%), Iron: 0.54mg (3.01%), Vitamin B5: 0.16mg (1.58%)