



## Asparagus-Parmesan Pita Rounds

READY IN



14 min.

SERVINGS



4

CALORIES



76 kcal

### Ingredients

- 2 cups asparagus sliced (2-inch) ( 1 pound)
- 1 teaspoon basil dried
- 2 teaspoons olive oil extravirgin
- 2 garlic clove minced
- 6 tablespoons parmesan
- 4 6-inch wholewheat pita breads ( )
- 0.5 pound plum tomatoes thinly sliced
- 0.3 teaspoon salt

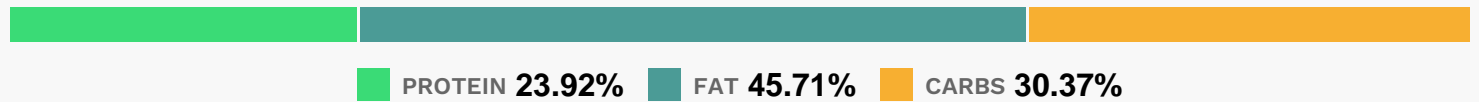
### Equipment

oven

## Directions

- Preheat oven 45
- Steam asparagus, covered, 2 minutes or until crisp-tender. Rinse with cold water; drain.
- Combine oil and garlic.
- Brush over pitas. Arrange tomato slices and asparagus on pitas.
- Sprinkle with basil, pepper, and salt. Top evenly with Parmesan cheese.
- Bake at 450 for 7 to 8 minutes or until edges are golden.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:9.1478259459786%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

## Nutrients (% of daily need)

Calories: 76.25kcal (3.81%), Fat: 4.16g (6.4%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.83g (3.14%), Cholesterol: 5.1mg (1.7%), Sodium: 275.51mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin K: 37.99µg (36.19%), Vitamin A: 1039.39IU (20.79%), Vitamin C: 11.99mg (14.53%), Calcium: 119.83mg (11.98%), Manganese: 0.23mg (11.34%), Folate: 44.93µg (11.23%), Iron: 1.92mg (10.69%), Phosphorus: 104.45mg (10.44%), Vitamin E: 1.4mg (9.3%), Fiber: 2.24g (8.94%), Copper: 0.17mg (8.7%), Vitamin B1: 0.13mg (8.37%), Potassium: 290.46mg (8.3%), Vitamin B2: 0.14mg (7.99%), Vitamin B6: 0.14mg (6.77%), Magnesium: 21.33mg (5.33%), Vitamin B3: 1.06mg (5.28%), Selenium: 3.45µg (4.93%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.09µg (1.5%)