



Easy Eggplant Pita

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

Ingredients

- ☐ 1 small eggplant diced
- ☐ 0.3 cup mushrooms fresh sliced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 bell pepper green chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped
- ☐ 4 pitas halved
- ☐ 1 cup mozzarella cheese shredded

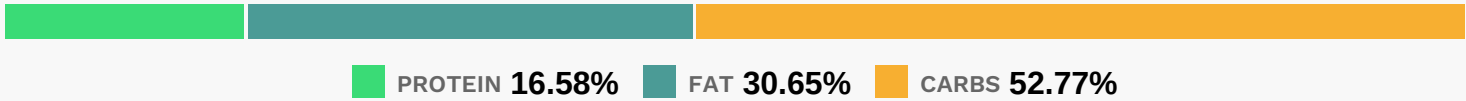
Equipment

☐ frying pan

Directions

- ☐ Combine eggplant, mushrooms, green bell pepper, onion, garlic powder and olive oil in a skillet and fry until vegetables are gently brown and softened.
- ☐ Stuff hot vegetable mixture into pita bread pockets.
- ☐ Sprinkle Mozzarella cheese into the pockets. Top the entire sandwich with ranch dressing if you wish.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:15.32, Inflammation Score:-4, Nutrition Score:6.2999999587951%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 155.48kcal (7.77%), Fat: 5.36g (8.25%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 18.03g (6.55%), Sugar: 2.88g (3.19%), Cholesterol: 11.06mg (3.69%), Sodium: 239.97mg (10.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Vitamin C: 13.79mg (16.72%), Manganese: 0.3mg (15.05%), Fiber: 2.74g (10.97%), Calcium: 103.18mg (10.32%), Phosphorus: 98.4mg (9.84%), Vitamin B1: 0.12mg (7.72%), Potassium: 222.09mg (6.35%), Vitamin B2: 0.11mg (6.25%), Folate: 23.64µg (5.91%), Vitamin B3: 1.17mg (5.87%), Copper: 0.12mg (5.87%), Vitamin B6: 0.11mg (5.45%), Vitamin B12: 0.32µg (5.34%), Zinc: 0.79mg (5.23%), Magnesium: 20.61mg (5.15%), Vitamin K: 4.51µg (4.29%), Selenium: 2.89µg (4.13%), Iron: 0.68mg (3.78%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.51mg (3.38%), Vitamin A: 162.98IU (3.26%)