



Fresh Vegetable Appetizer Pizzas

 Vegetarian

READY IN



15 min.

SERVINGS



30

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups to 3 sized squashes fresh red yellow assorted finely chopped (broccoli, carrots, onion, summer squash, bell pepper, mushrooms)
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 4 oz alouette garlic & herbs spreadable cheese
- ☐ 5 6-inch day old pita bread whole wheat ()
- ☐ 0.3 cup sharp cheddar cheese shredded finely

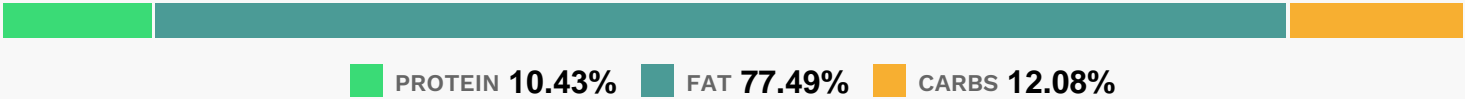
Equipment

☐ bowl

Directions

- ☐ In small bowl, place vegetables.
- ☐ Sprinkle with salt, pepper and lemon peel.
- ☐ Spread 2 tablespoons spreadable cheese over each flatbread. Top each with 1/4 cup vegetable mixture.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Cut each into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.3856521697472%

Nutrients (% of daily need)

Calories: 19.48kcal (0.97%), Fat: 1.75g (2.7%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.11g (0.13%), Cholesterol: 5.36mg (1.79%), Sodium: 48.93mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%)