



Greek Pita Pizzas

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings olives black sliced
- 0.5 cup feta crumbled
- 0.3 cup herbs fresh chopped (such as parsley, mint, and basil)
- 4 servings marinated artichoke hearts sliced
- 4 pita rounds
- 0.8 cup tomato sauce chopped

Equipment

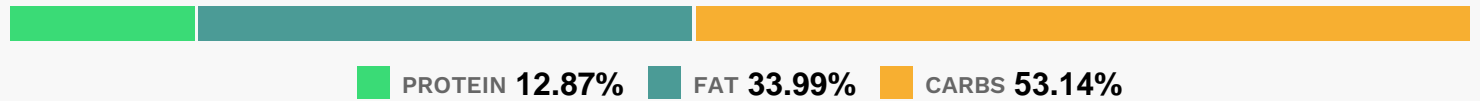
- oven

toaster

Directions

- Heat oven or toaster oven to 400 F. Divide 3/4 cup tomato sauce or chopped tomatoes, 1/2 cup crumbled Feta, and 1/4 cup chopped fresh herbs (such as parsley, mint, and basil) among 4 pita rounds. Top with sliced black olives and sliced marinated artichoke hearts, if desired.
- Bake until the cheese melts and the crusts are crispy, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:30.08, Inflammation Score:-7, Nutrition Score:12.008695602417%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 275.86kcal (13.79%), Fat: 10.45g (16.08%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.5g (12.18%), Sugar: 2.06g (2.28%), Cholesterol: 16.69mg (5.56%), Sodium: 1152.15mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Vitamin K: 63.4µg (60.38%), Vitamin A: 952.53IU (19.05%), Vitamin C: 14.08mg (17.07%), Calcium: 168.2mg (16.82%), Manganese: 0.33mg (16.49%), Vitamin B2: 0.25mg (14.56%), Phosphorus: 132.89mg (13.29%), Vitamin B1: 0.2mg (13.12%), Fiber: 3.26g (13.06%), Iron: 1.88mg (10.44%), Vitamin E: 1.49mg (9.9%), Vitamin B3: 1.94mg (9.69%), Copper: 0.18mg (9.12%), Zinc: 1.16mg (7.73%), Vitamin B6: 0.15mg (7.66%), Folate: 29.87µg (7.47%), Magnesium: 29.09mg (7.27%), Potassium: 244.43mg (6.98%), Vitamin B5: 0.57mg (5.65%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.27µg (4.67%)