

## Grilled Halloumi Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



658 kcal

### Ingredients

- 16 oz halloumi cheese thick cut into slices
- 3 tbsp olive oil divided
- 4 onion thick
- 0.5 cup pepperoncini peppers sliced
- 0.5 cup pepperoncini peppers sliced
- 4 wholewheat pita breads cut in half
- 0.3 cup roasted peppers red dry rinsed sliced

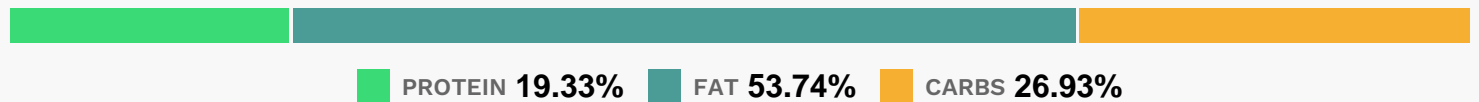
### Equipment

- grill

## Directions

- Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds).
- Brush 2 tbsp. oil over cheese and onion. Grill, turning once, until grill marks appear, about 8 minutes.
- Cut onions in half.
- Fill pita halves with equal amounts of cheese, onions, peppers, and pepperoncini.
- Brush a little oil on outside of pitas, then grill, turning once, until grill marks appear and bread is toasted, about 4 minutes.
- Serve with mixed olives and a green salad.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:31.33, Inflammation Score:-6, Nutrition Score:13.847825980705%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

## Nutrients (% of daily need)

Calories: 657.97kcal (32.9%), Fat: 39.34g (60.53%), Saturated Fat: 20.88g (130.53%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 40g (14.54%), Sugar: 5.84g (6.48%), Cholesterol: 0mg (0%), Sodium: 1789.36mg (77.8%), Alcohol: 0g (100%), Protein: 31.84g (63.68%), Calcium: 1215.47mg (121.55%), Vitamin C: 37.85mg (45.87%), Manganese: 0.46mg (22.81%), Fiber: 4.37g (17.5%), Vitamin B1: 0.23mg (15.16%), Vitamin B6: 0.28mg (13.86%), Vitamin E: 1.75mg (11.65%), Folate: 44.73µg (11.18%), Phosphorus: 97.89mg (9.79%), Vitamin K: 9.71µg (9.24%), Potassium: 320.04mg (9.14%), Copper: 0.18mg (8.87%), Vitamin B3: 1.76mg (8.8%), Magnesium: 31.79mg (7.95%), Iron: 1.29mg (7.15%), Vitamin B2: 0.1mg (6.08%), Zinc: 0.75mg (5%), Vitamin B5: 0.44mg (4.43%), Vitamin A: 153.1IU (3.06%)