



Grilled Halloumi Pitas

READY IN



30 min.

SERVINGS



4

CALORIES



654 kcal

Ingredients

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

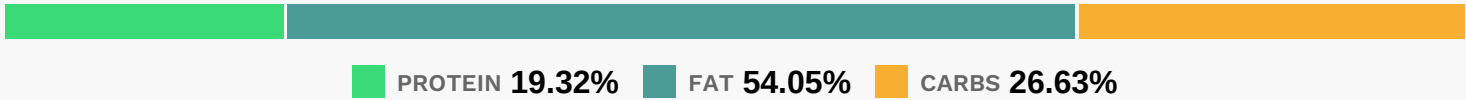
Equipment

- ☐ 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:12.461739203204%

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: 653.78kcal (32.69%), Fat: 39.27g (60.42%), Saturated Fat: 20.88g (130.48%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 39.7g (14.44%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 1787.35mg (77.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Calcium: 1213.3mg (121.33%), Vitamin C: 25.03mg (30.34%), Manganese: 0.44mg (22.04%), Fiber: 3.85g (15.39%), Vitamin B1: 0.21mg (14.32%), Vitamin B6: 0.22mg (11.1%), Vitamin E: 1.64mg (10.94%), Folate: 40.24µg (10.06%), Phosphorus: 92.93mg (9.29%), Copper: 0.16mg (8.15%), Potassium: 280.36mg (8.01%), Vitamin B3: 1.57mg (7.84%), Vitamin K: 8.23µg (7.84%), Magnesium: 29.16mg (7.29%), Iron: 1.22mg (6.75%), Vitamin B2: 0.09mg (5.59%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 100.4IU (2.01%)