



Grilled Pitas with Tomatoes, Olives, and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

Ingredients

- ☐ 3 ounces feta cheese crumbled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 cup olives mixed pitted coarsely chopped
- ☐ 1 cup plum tomatoes diced seeded (4)
- ☐ 0.5 cup onion red chopped
- ☐ 4 pita breads whole wheat

Equipment

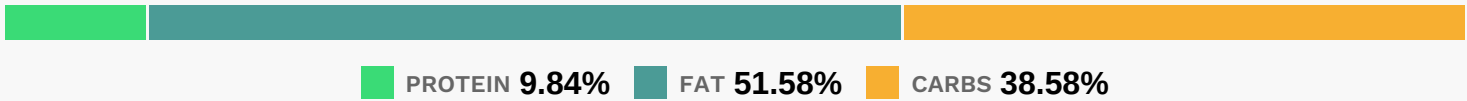
- ☐ bowl

- ☐ grill
- ☐ chefs knife

Directions

- ☐ Prepare barbecue (medium-high heat). Stir tomatoes, olives, onion, 2 tablespoons oil, and mint in small bowl to blend.
- ☐ Brush 1 side of each pita with remaining 2 tablespoons oil; place pitas, oiled side down, on grill. Cook until lightly charred, about 2 minutes. Turn pitas over; top with tomato mixture, spreading almost to edges.
- ☐ Sprinkle with cheese.
- ☐ Cover barbecue and grill pitas until topping is warm, about 2 minutes.
- ☐ Transfer pitas to plates and serve.
- ☐ To pit an olive easily, simply crush the olive with the side of a chef's knife and pop out the pit.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:15.680869633737%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 372.56kcal (18.63%), Fat: 22.28g (34.28%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 32.18g (11.7%), Sugar: 4.1g (4.56%), Cholesterol: 18.92mg (6.31%), Sodium: 746.6mg (32.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Manganese: 1.12mg (55.88%), Selenium: 28.08µg (40.12%), Vitamin E: 3.36mg (22.41%), Fiber: 5.32g (21.29%), Phosphorus: 195.86mg (19.59%), Vitamin B1: 0.26mg (17.35%), Vitamin A: 808.44IU (16.17%), Vitamin B6: 0.32mg (16%), Vitamin B2: 0.25mg (14.83%), Calcium: 141.76mg

(14.18%), Magnesium: 56.04mg (14.01%), Vitamin K: 14.58µg (13.89%), Iron: 2.41mg (13.36%), Vitamin C: 10.78mg (13.06%), Copper: 0.24mg (12.22%), Vitamin B3: 2.28mg (11.4%), Zinc: 1.65mg (10.98%), Folate: 43.86µg (10.96%), Potassium: 306.33mg (8.75%), Vitamin B5: 0.76mg (7.65%), Vitamin B12: 0.36µg (5.99%)