



Grilled Portobello-Goat Cheese Pitás

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 ounces goat cheese
- ☐ 1 teaspoon olive oil
- ☐ 4 6-inch wholewheat pita breads ()
- ☐ 6 ounce portabello mushrooms
- ☐ 0.5 teaspoon salt divided
- ☐ 2 medium tomatoes cut into 1/4-inch-thick slices

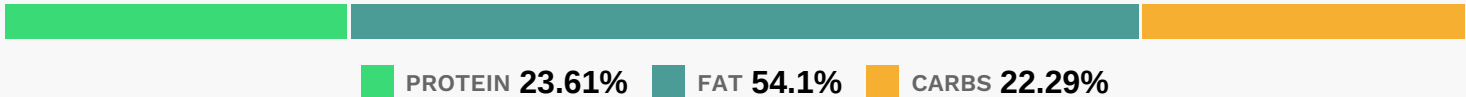
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Preheat a grill pan over medium heat.
- ☐ Combine garlic and oil; brush evenly over pitas.
- ☐ Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper evenly over pitas.
- ☐ Place pitas in pan, and cook 2 minutes on each side or until toasted.
- ☐ Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper evenly over mushrooms and tomatoes.
- ☐ Place mushrooms in pan; cook 6 minutes or until tender, turning once.
- ☐ Remove mushrooms from pan.
- ☐ Add tomatoes to pan; cook 1 minute.
- ☐ Spread goat cheese evenly over pitas. Arrange the mushrooms and tomatoes evenly over pitas.
- ☐ Sprinkle with chopped basil.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:8.0756521069485%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 91.94kcal (4.6%), Fat: 5.8g (8.92%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.9g (3.22%), Cholesterol: 9.78mg (3.26%), Sodium: 381.68mg (16.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin A: 891.04IU (17.82%), Vitamin K: 18.53µg (17.65%), Copper: 0.33mg (16.71%), Selenium: 8.79µg (12.55%), Vitamin B3: 2.43mg (12.15%), Phosphorus: 120.83mg (12.08%), Vitamin C: 9.55mg (11.58%), Manganese: 0.21mg (10.4%), Vitamin B6: 0.19mg (9.69%), Potassium: 325.37mg (9.3%), Vitamin B2: 0.15mg (9.02%), Vitamin B5: 0.71mg (7.07%), Folate: 26.04µg (6.51%), Fiber: 1.43g (5.73%), Iron: 0.86mg (4.79%), Calcium: 47.5mg (4.75%), Vitamin B1: 0.07mg (4.69%), Zinc: 0.58mg (3.88%), Vitamin E: 0.55mg (3.66%), Magnesium: 13.04mg (3.26%), Vitamin D: 0.21µg (1.42%), Vitamin B12: 0.06µg (1.03%)