



Grilled Vegetable and Hummus Pita Pizza



Vegetarian



Vegan



Dairy Free



Popular

READY IN



25 min.

SERVINGS



3

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup water plain (such as Sabra Classic Hummus)
- ☐ 4 tablespoons olive oil divided
- ☐ 3 6-inch round pitas ()
- ☐ 1 onion red sliced into 1/ wedges cut in half and
- ☐ 0.8 teaspoon salt divided
- ☐ 3 servings salt and pepper black to taste
- ☐ 1.5 cups summer squash sliced cut into 1/ rounds)
- ☐ 2 cluster tomatoes ripe sliced into 4-6 half moon wedges. cut in half and

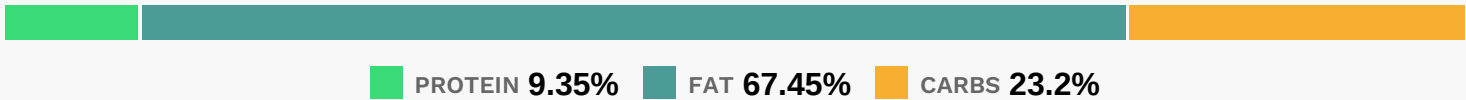
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place the summer squash in a bowl and toss with 2 tablespoons of the olive oil and 1/4 teaspoon of the salt until well coated.
- ☐ Place the red onion in another bowl and toss with 1 tablespoon of the olive oil and 1/4 teaspoon of the salt until well coated.
- ☐ Place the tomatoes in a third bowl and toss with 1 tablespoon of the olive oil and 1/4 teaspoon of the salt until well coated.Grill summer squash about 4 minutes on each side. Grill onions about 5 minutes, rotating once. Grill tomatoes about 5 minutes rotating once.Warm the pitas on the grill, about 3 minutes each side.
- ☐ Remove pita from the heat and slather each with about 1/3 cup hummus.Top with grilled summer squash, tomatoes and onions. If desired, season with additional salt and/or pepper, to taste.
- ☐ Cut into 8 pieces and enjoy.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:4.12, Inflammation Score:-8, Nutrition Score:15.513043507286%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 342.35kcal (17.12%), Fat: 26.85g (41.31%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 13.61g (4.95%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 1098.37mg (47.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Manganese: 0.88mg (44.02%), Fiber: 7.17g (28.68%), Vitamin C: 23.55mg (28.55%), Copper: 0.53mg (26.3%), Folate: 103.95µg (25.99%), Vitamin E: 3.21mg (21.37%), Magnesium: 80.79mg (20.2%), Vitamin B6: 0.4mg (19.86%), Phosphorus: 197.07mg (19.71%), Vitamin K: 19.56µg (18.63%), Potassium: 584.41mg (16.7%), Vitamin A: 821.39IU (16.43%), Vitamin B1: 0.22mg (14.97%), Iron: 2.62mg (14.57%), Zinc: 1.88mg (12.51%), Vitamin B2: 0.16mg (9.36%), Vitamin B3: 1.3mg (6.52%), Calcium: 57.79mg (5.78%), Selenium: 2.43µg (3.47%), Vitamin B5: 0.32mg (3.18%)