



Individual Greek Pita Pizzas

READY IN



30 min.

SERVINGS



2

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons cider vinegar
- 0.3 teaspoon basil dried
- 0.3 cup feta cheese crumbled
- 0.5 cup feta cheese crumbled
- 1 garlic clove minced
- 0.5 teaspoon garlic powder
- 0.3 cup grape tomatoes halved
- 2 tablespoons juice of lemon
- 0.5 cup mozzarella cheese

- 6 tablespoons olive oil
- 0.3 teaspoon oregano dried
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese shredded
- 1 Dash pepper
- 0.3 cup stuffed olives sliced
- 3 tablespoons pimento-stuffed olives green chopped
- 2 4-inch pita bread rounds ()
- 2 pita breads whole
- 0.5 cup torn spinach fresh
- 2 cups torn spinach fresh
- 1 small tomatoes seeded chopped
- 2 tablespoons vegetable oil divided

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix lemon juice, garlic powder, oregano, and basil in a bowl; whisk oil into lemon juice mixture until dressing is well blended.
- Brush about 1 tablespoon dressing over pita breads and arrange on baking sheet; reserve remaining dressing.
- Combine spinach, tomatoes, and olives in a large bowl.
- Pour remaining dressing over vegetables and toss to coat. Divide spinach mixture evenly over each pita; sprinkle with mozzarella cheese and feta cheese.

Bake in the preheated oven until cheese is melted and pitas are lightly toasted, about 8 minutes.

Nutrition Facts

PROTEIN 10.45% **FAT 73%** **CARBS 16.55%**

Properties

Glycemic Index:259.5, Glycemic Load:31.52, Inflammation Score:-10, Nutrition Score:33.618260673855%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 1020.29kcal (51.01%), Fat: 83.99g (129.21%), Saturated Fat: 22.66g (141.64%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 38.53g (14.01%), Sugar: 2.83g (3.15%), Cholesterol: 86.25mg (28.75%), Sodium: 1879.5mg (81.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.1%), Vitamin K: 245.79µg (234.08%), Vitamin A: 4729.67IU (94.59%), Calcium: 725.02mg (72.5%), Vitamin E: 9.74mg (64.94%), Phosphorus: 495.24mg (49.52%), Vitamin B2: 0.8mg (47.01%), Manganese: 0.8mg (40.23%), Folate: 125.32µg (31.33%), Vitamin C: 25.65mg (31.09%), Vitamin B12: 1.84µg (30.74%), Selenium: 18.03µg (25.76%), Zinc: 3.84mg (25.59%), Vitamin B6: 0.49mg (24.35%), Vitamin B1: 0.33mg (22.14%), Magnesium: 82.7mg (20.68%), Iron: 3.49mg (19.41%), Fiber: 4.32g (17.3%), Potassium: 559.47mg (15.98%), Vitamin B3: 2.7mg (13.48%), Copper: 0.26mg (13.17%), Vitamin B5: 1.06mg (10.58%), Vitamin D: 0.42µg (2.83%)