



Insalata Pizzas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons basil chopped
- 2 teaspoons bottled garlic minced
- 1 tablespoon apple cider vinegar
- 0.3 teaspoon pepper red crushed
- 2 teaspoons olive oil extravirgin
- 1 cup grape tomatoes quartered
- 0.3 cup kalamata olives pitted coarsely chopped
- 4 ounces part-skim mozzarella cheese

- 4 7-inch wholewheat pita breads ()
- 4 cups the salad
- 0.5 cup onion sweet thinly sliced

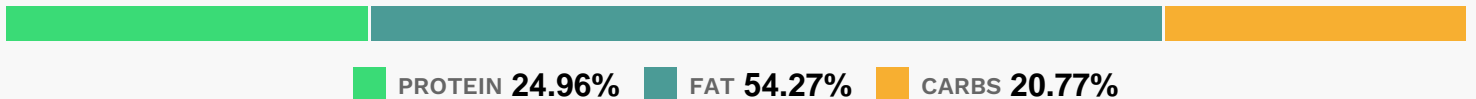
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 47
- Place pitas on a baking sheet.
- Spread 1/2 teaspoon garlic on each pita.
- Sprinkle each pita with 1/4 cup cheese, and divide onion evenly among pitas.
- Bake at 475 for 8 minutes or until edges are lightly browned and cheese is bubbly.
- While pitas bake, combine vinegar, oil, and pepper in a large bowl, stirring with a whisk. Stir in tomatoes, olives, and basil.
- Add salad greens, and toss gently to coat.
- Place 1 pita on each of 4 plates; top each pita with about 1 cup salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:7.6826086795848%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 129.27kcal (6.46%), Fat: 7.97g (12.26%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.82g (2.12%), Sugar: 2.4g (2.67%), Cholesterol: 18.14mg (6.05%), Sodium: 329.07mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Calcium: 246.86mg (24.69%), Vitamin A: 1024.45IU (20.49%), Vitamin C: 16.3mg (19.76%), Phosphorus: 167.57mg (16.76%), Manganese: 0.19mg (9.44%), Vitamin K: 9.1µg (8.67%), Vitamin B6: 0.15mg (7.29%), Vitamin B2: 0.12mg (7.25%), Folate: 28.82µg (7.21%), Selenium: 4.81µg (6.87%), Zinc: 1.01mg (6.74%), Potassium: 227.61mg (6.5%), Vitamin E: 0.91mg (6.08%), Magnesium: 19.64mg (4.91%), Copper: 0.08mg (4.25%), Fiber: 1.04g (4.16%), Vitamin B12: 0.23µg (3.87%), Iron: 0.64mg (3.54%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.15mg (1.47%)