



Just Veggin' Pita Pizza

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 4 oz philadelphia cream cheese softened ()
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 1 bell pepper red quartered
- 0.3 small onion red cut into wedges
- 4 7-inch pita breads whole wheat ()
- 1 zucchini ends trimmed cut lengthwise into 1/4-inch-thick slices

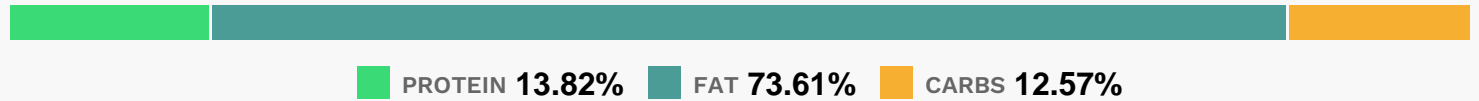
Equipment

grill

Directions

- Heat grill to medium-high heat.
- Toss vegetables with dressing. Grill 5 to 8 min. or until crisp-tender, turning occasionally.
- Remove from grill.
- Cut peppers into thin strips; cut zucchini and onions into 3/4-inch pieces.
- Mix cream cheese and pesto; spread onto pitas. Top with vegetables and shredded cheese.
- Grill 3 to 5 min. or until shredded cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.4013043480075%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 47.52kcal (2.38%), Fat: 4.01g (6.17%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.89g (0.99%), Cholesterol: 5.68mg (1.89%), Sodium: 64.99mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin C: 7.58mg (9.19%), Vitamin A: 276.29IU (5.53%), Calcium: 19.45mg (1.94%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.66µg (1.58%), Vitamin B2: 0.02mg (1.31%), Manganese: 0.02mg (1.22%), Folate: 4.74µg (1.19%), Potassium: 39.85mg (1.14%), Vitamin E: 0.16mg (1.09%)