



Kalamata-Artichoke Pita Pizzas

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped quartered canned
- 1 cup cherry tomatoes quartered
- 0.5 teaspoon basil dried
- 0.3 cup feta cheese with basil and sun-dried tomatoes crumbled
- 0.5 cup water
- 12 kalamata olives pitted chopped
- 4 6-inch pitas ()
- 0.3 cup onion red finely chopped

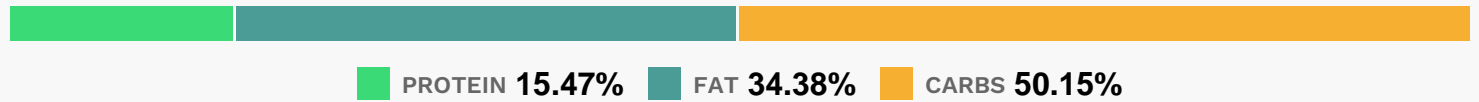
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 45
- Place pitas on a baking sheet.
- Spread 2 tablespoons hummus over each pita. Top with tomato and remaining ingredients.
- Bake at 450 for 5 minutes or until edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:2.52, Inflammation Score:-5, Nutrition Score:8.4439129725746%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 128.74kcal (6.44%), Fat: 5.13g (7.89%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 11.44g (4.16%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 689.87mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Manganese: 0.48mg (23.8%), Fiber: 5.4g (21.59%), Copper: 0.34mg (17.14%), Vitamin C: 12.83mg (15.55%), Potassium: 489.86mg (14%), Magnesium: 46.44mg (11.61%), Iron: 2.04mg (11.35%), Phosphorus: 101.88mg (10.19%), Folate: 39.49µg (9.87%), Vitamin B1: 0.13mg (8.47%), Vitamin K: 7.34µg (6.99%), Vitamin B6: 0.14mg (6.95%), Vitamin A: 319.78IU (6.4%), Vitamin B3: 1.27mg (6.37%), Zinc: 0.84mg (5.58%), Vitamin B2: 0.08mg (4.63%), Vitamin E: 0.68mg (4.55%), Calcium: 38.07mg (3.81%), Vitamin B5: 0.3mg (3%), Selenium: 1.65µg (2.36%)