



Mediterranean Flatbread Pizza Appetizer

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 wholewheat pita breads (6 inch)
- 2 tablespoons olive oil
- 1 cup water
- 1 small zucchini sliced cut in half lengthwise, crosswise into half-moons
- 2 roasted peppers red chopped
- 7.5 oz marinated artichoke chopped
- 0.7 cup pimientos sliced
- 4 oz feta cheese crumbled

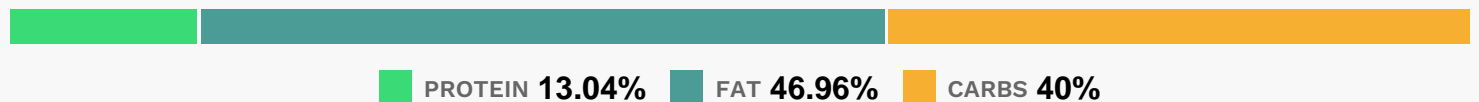
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350°F.
- Place flat breads on ungreased cookie sheet.
- Drizzle each with oil.
- Bake 3 to 5 minutes.
- Spread each flat bread with hummus. Top each with zucchini, roasted peppers, artichokes, olives and cheese.
- Return to oven.
- Bake 7 to 10 minutes or until thoroughly heated.
- Cut each flat bread into wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:6.94, Inflammation Score:-4, Nutrition Score:4.4565217514401%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 104.19kcal (5.21%), Fat: 5.49g (8.45%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.92g (3.24%), Sugar: 0.52g (0.58%), Cholesterol: 5.61mg (1.87%), Sodium: 293.25mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin C: 12.96mg (15.71%), Manganese: 0.19mg (9.6%), Vitamin A: 372.1IU (7.44%), Fiber: 1.61g (6.43%), Phosphorus: 62.16mg (6.22%), Copper: 0.11mg (5.4%), Calcium: 52.56mg (5.26%), Vitamin B2: 0.09mg (5.09%), Vitamin B1: 0.07mg (4.87%), Folate: 19.07µg (4.77%), Vitamin B6: 0.09mg (4.75%), Iron: 0.85mg (4.7%), Magnesium: 16.27mg (4.07%), Zinc: 0.58mg (3.87%), Vitamin B3:

0.51mg (2.57%), Potassium: 86.85mg (2.48%), Vitamin E: 0.3mg (2.02%), Vitamin K: 2.06µg (1.96%), Selenium: 1.34µg (1.91%), Vitamin B12: 0.11µg (1.77%), Vitamin B5: 0.14mg (1.44%)