



Mediterranean Hummus Pizza

 Vegetarian

READY IN



39 min.

SERVINGS



4

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber chopped
- 2 ounces feta cheese crumbled reduced-fat
- 1 cup water refrigerated
- 0.3 cup kalamata olives pitted chopped
- 2 7-inch pitas whole wheat split ()
- 0.3 cup onion red thinly sliced
- 0.5 cup tomatoes chopped

Equipment

baking sheet

oven

Directions

Preheat oven to 40

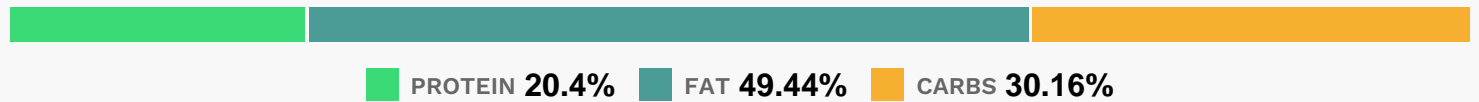
Place pita halves on an ungreased baking sheet; bake at 400 for 5 minutes or until lightly toasted.

Spread 1/4 cup hummus on each pita half; top each with 2 tablespoons feta cheese.

Bake at 400 for 6 to 7 minutes or until thoroughly heated. Top each pizza evenly with tomato and remaining 3 ingredients.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:7.4104348887568%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 155.36kcal (7.77%), Fat: 9.05g (13.92%), Saturated Fat: 2.08g (13%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 7.91g (2.88%), Sugar: 1.71g (1.9%), Cholesterol: 7.59mg (2.53%), Sodium: 495.04mg (21.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Manganese: 0.53mg (26.52%), Copper: 0.36mg (18.12%), Fiber: 4.51g (18.04%), Folate: 58.49µg (14.62%), Magnesium: 49.98mg (12.5%), Phosphorus: 120.34mg (12.03%), Iron: 1.67mg (9.25%), Vitamin B1: 0.13mg (8.72%), Vitamin B6: 0.16mg (8.12%), Zinc: 1.21mg (8.09%), Potassium: 225.96mg (6.46%), Vitamin C: 3.82mg (4.63%), Vitamin A: 218.93IU (4.38%), Calcium: 34.32mg (3.43%), Vitamin B2: 0.05mg (2.99%), Vitamin E: 0.43mg (2.88%), Selenium: 1.96µg (2.8%), Vitamin K: 2.83µg (2.7%), Vitamin B3: 0.52mg (2.6%), Vitamin B5: 0.16mg (1.56%)