



Middle Eastern Pita Pizzas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces feta cheese crumbled
- ☐ 0.5 cup roasted garlic
- ☐ 0.3 cup kalamata olives ripe sliced
- ☐ 1 small onion sliced
- ☐ 4 6-inch wholewheat pita breads (es in diameter)
- ☐ 2 cups pkt spinach shredded
- ☐ 1 cup tomatoes seeded chopped

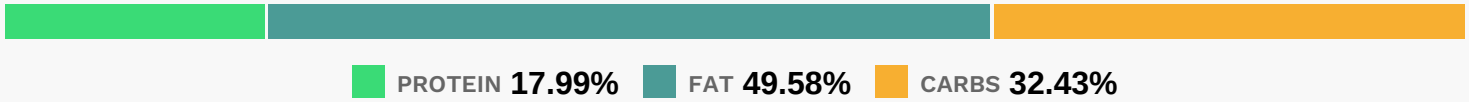
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F.
- ☐ Place pita breads in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Spread hummus on each pita bread.
- ☐ Sprinkle with cheese.
- ☐ Bake 8 to 10 minutes or until cheese is melted. Top each pizza with onion, spinach, tomato and olives.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:13.998260819394%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 132.6kcal (6.63%), Fat: 7.63g (11.74%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.5g (3.46%), Sugar: 2g (2.22%), Cholesterol: 25.23mg (8.41%), Sodium: 477.47mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Vitamin K: 76.38µg (72.74%), Vitamin A: 1871.52IU (37.43%), Manganese: 0.5mg (24.83%), Vitamin B6: 0.41mg (20.7%), Calcium: 198.38mg (19.84%), Vitamin C: 15.92mg (19.29%), Vitamin B2: 0.3mg (17.63%), Phosphorus: 144.22mg (14.42%), Folate: 48.09µg (12.02%), Selenium: 6.98µg (9.97%), Potassium: 288.02mg (8.23%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.48µg (7.99%), Vitamin B1: 0.12mg (7.71%), Magnesium: 28.52mg (7.13%), Fiber: 1.73g (6.93%), Copper: 0.12mg (6%), Vitamin E: 0.9mg (5.97%), Iron: 1.07mg (5.96%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.79mg (3.96%)