



Mini Mediterranean Pizzas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 garlic clove sliced
- ☐ 1 cup grape tomatoes
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 1 tablespoon olive oil plus more for drizzling
- ☐ 4 6-inch pitas whole-wheat

☐ 0.3 cup roasted bell peppers sliced

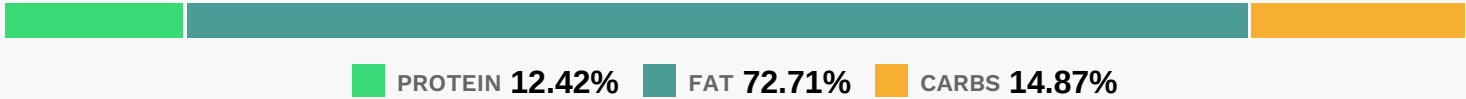
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Crush tomatoes with garlic and black pepper in a small bowl.
- ☐ Arrange 4 pitas on a large rimmed baking sheet; brush both sides of pita with oil. Top pitas with equal amounts of the tomato mixture, feta, olives, and bell peppers.
- ☐ Bake 7–8 minutes or until edges are golden.
- ☐ Remove pitas from oven; top each with 1/4 cup arugula.
- ☐ Drizzle with additional oil, if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:6.3617391689964%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 107.42kcal (5.37%), Fat: 8.98g (13.81%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.53g (1.7%), Cholesterol: 16.69mg (5.56%), Sodium: 354.54mg (15.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin C: 18.01mg (21.83%), Vitamin A: 833.55IU (16.67%), Calcium: 112.01mg (11.2%), Vitamin K: 11.63µg (11.08%), Vitamin B2: 0.18mg (10.6%), Vitamin E: 1.23mg (8.21%), Phosphorus: 79.8mg (7.98%), Vitamin B6: 0.15mg (7.63%), Manganese: 0.11mg (5.37%), Folate: 21.26µg (5.31%), Vitamin B12: 0.32µg (5.28%), Zinc: 0.67mg (4.48%), Selenium: 3.03µg (4.32%), Fiber: 1.07g (4.28%), Potassium: 147.45mg (4.21%), Vitamin B1: 0.06mg (3.73%), Magnesium: 12.72mg (3.18%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.45%), Iron: 0.44mg (2.42%)