



Mini White Pizzas with Vegetables

 Vegetarian

READY IN



14 min.

SERVINGS



4

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons asiago cheese shredded
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup garlic-and-herbs spreadable cheese light (such as Alouette)
- ☐ 0.3 cup onion red separated thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 4 6-inch pitas whole wheat ()
- ☐ 1 medium zucchini thinly sliced

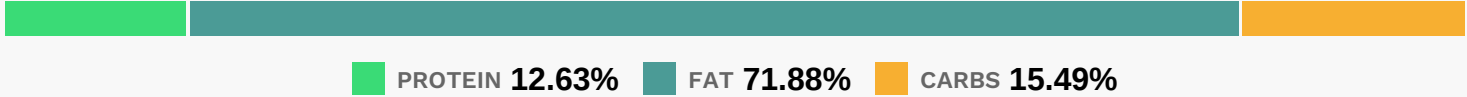
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place pitas on a baking sheet; broil 3 minutes.
- ☐ Heat a nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add zucchini, onion, pepper, and salt; saut 3 minutes or until vegetables are crisp-tender.
- ☐ Remove pitas from oven, and spread 2 tablespoons garlic-and-herbs spreadable cheese over each pita. Top evenly with vegetables and Asiago cheese. Broil 3 minutes or until edges are lightly browned and cheese melts.
- ☐ Serve with: Caesar Salad

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:3.5765217516733%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 142.92kcal (7.15%), Fat: 11.95g (18.39%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.04g (1.83%), Sugar: 1.74g (1.93%), Cholesterol: 35.81mg (11.94%), Sodium: 354.91mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin C: 9.51mg (11.53%), Calcium: 99.69mg (9.97%), Phosphorus: 75.57mg (7.56%), Manganese: 0.13mg (6.73%), Vitamin B6: 0.1mg (5.09%), Vitamin B2: 0.07mg (4.39%), Potassium: 152.77mg (4.36%), Folate: 14.56µg (3.64%), Magnesium: 14.03mg (3.51%), Selenium: 2.28µg (3.26%), Vitamin A: 157.46IU (3.15%), Fiber: 0.75g (3.01%), Zinc: 0.4mg (2.65%), Vitamin K: 2.49µg (2.37%), Vitamin B1: 0.03mg (2.21%), Copper: 0.04mg (1.84%), Iron: 0.31mg (1.71%), Vitamin B5: 0.16mg (1.56%), Vitamin B12:

0.09µg (1.5%), Vitamin B3: 0.28mg (1.41%)