



Monterey Jack Pita Pizza

READY IN



25 min.

SERVINGS



2

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounce deli chicken cooked cut into strips
- ☐ 2 teaspoons green onion finely chopped
- ☐ 3 teaspoons pasta sauce
- ☐ 0.5 cup pineapple tidbits in its own juice fresh diced canned drained
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 6-inch pita bread whole wheat

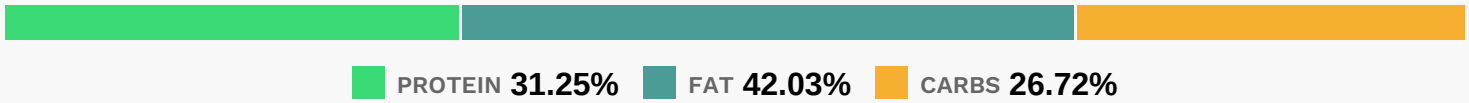
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees Fahrenheit.
- ☐ Split pita into 2 rounds by placing pita flat on work surface and carefully cutting around the edge. Separate the 2 rounds and place, cut side up, on a work surface.
- ☐ Spread each pita round with 1 1/2 teaspoons of pizza sauce. Top each pita with half of the cheese, chicken, pineapple, onion and parsley, if desired.
- ☐ Bake for 8–10 minutes or until cheese is melted and edges are browned.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:3.76, Inflammation Score:-3, Nutrition Score:7.1517391852711%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 146.78kcal (7.34%), Fat: 6.89g (10.6%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.54g (3.47%), Sugar: 6.71g (7.46%), Cholesterol: 36.58mg (12.19%), Sodium: 506.21mg (22.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Phosphorus: 180.33mg (18.03%), Manganese: 0.33mg (16.59%), Calcium: 154.74mg (15.47%), Vitamin B3: 2.81mg (14.06%), Selenium: 8.84µg (12.62%), Vitamin B12: 0.68µg (11.3%), Vitamin B6: 0.21mg (10.27%), Vitamin C: 6.79mg (8.23%), Zinc: 1.06mg (7.06%), Vitamin B2: 0.12mg (6.97%), Potassium: 228.37mg (6.52%), Magnesium: 21.9mg (5.48%), Vitamin A: 246.73IU (4.93%), Vitamin K: 5.18µg (4.93%), Folate: 16.68µg (4.17%), Vitamin B1: 0.06mg (4.05%), Vitamin B5: 0.38mg (3.77%), Copper: 0.06mg (3.05%), Iron: 0.53mg (2.96%), Vitamin E: 0.28mg (1.84%), Fiber: 0.31g (1.25%)