



## Mozzarella, ham & pesto pizzas

READY IN



10 min.

SERVINGS



2

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 wholewheat pita breads mini
- ☐ 150 g mozzarella cheese
- ☐ 4 tsp basil pesto
- ☐ 85 g ham smoked wafer thin

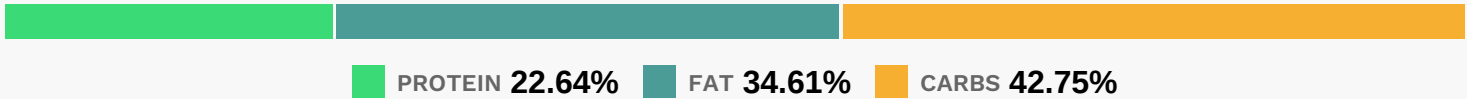
### Equipment

- ☐ grill

### Directions

- ☐
- Turn the grill to high, put the pittas on the grill rack and heat for about a minute while you slice the mozzarella into five.
- ☐
- Turn the pittas over and spread each one with 1 tsp pesto, then top with a mozzarella slice. Pile the ham on top, so it looks quite ruffled, then tear the final mozzarella slice into four, put it on top of the ham and grind over black pepper. Return to the grill for 3–4 minutes more until melted and starting to turn golden.

## Nutrition Facts



## Properties

Glycemic Index:62, Glycemic Load:58.57, Inflammation Score:-5, Nutrition Score:15.14434776358%

## Nutrients (% of daily need)

Calories: 613.78kcal (30.69%), Fat: 23.34g (35.9%), Saturated Fat: 11.21g (70.06%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 62.24g (22.63%), Sugar: 1.13g (1.26%), Cholesterol: 80.45mg (26.82%), Sodium: 1680.02mg (73.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.71%), Calcium: 495.42mg (49.54%), Phosphorus: 473.17mg (47.32%), Vitamin B12: 1.71µg (28.5%), Manganese: 0.56mg (28.06%), Zinc: 3.9mg (26%), Vitamin B1: 0.32mg (21.44%), Vitamin B2: 0.32mg (18.88%), Selenium: 12.75µg (18.21%), Copper: 0.3mg (14.92%), Magnesium: 57.29mg (14.32%), Vitamin A: 708.6IU (14.17%), Iron: 2.51mg (13.94%), Vitamin B3: 2.48mg (12.39%), Fiber: 2.62g (10.5%), Potassium: 305.3mg (8.72%), Folate: 32.13µg (8.03%), Vitamin B5: 0.55mg (5.5%), Vitamin B6: 0.07mg (3.29%), Vitamin D: 0.3µg (2%), Vitamin K: 1.73µg (1.64%)