



Mushroom Pita Pizzas

READY IN



20 min.

SERVINGS



8

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 6-inch wholewheat pita breads (6 in diameter)
- 5 ounces mushrooms fresh sliced
- 1 small onion red thinly sliced
- 0.3 cup bell pepper green chopped
- 2 tablespoons basil dried fresh chopped
- 4 ounces mozzarella cheese shredded reduced-fat finely
- 1 tablespoon parmesan cheese fat-free grated

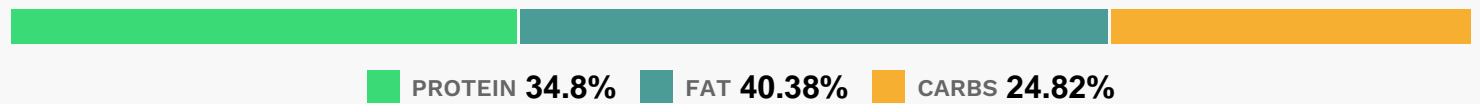
Equipment

- baking sheet
- oven
- knife

Directions

- Heat oven to 425°F. Split each pita bread around edge with knife to make 2 rounds.
- Place rounds, cut sides up, on ungreased cookie sheet. Top rounds with mushrooms, onion and bell pepper.
- Sprinkle with basil and cheeses.
- Bake 8 to 10 minutes or until cheese is melted.
- Cut each round into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:4.8917391714842%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 51.66kcal (2.58%), Fat: 2.41g (3.71%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.23g (1.37%), Cholesterol: 9.2mg (3.07%), Sodium: 98.6mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin K: 17.77µg (16.93%), Calcium: 142.62mg (14.26%), Phosphorus: 93.14mg (9.31%), Vitamin B2: 0.13mg (7.75%), Manganese: 0.13mg (6.62%), Vitamin C: 5.14mg (6.23%), Iron: 1.1mg (6.1%), Selenium: 4.06µg (5.8%), Copper: 0.09mg (4.49%), Zinc: 0.6mg (4.03%), Vitamin B3: 0.75mg (3.74%), Potassium: 126.82mg (3.62%), Magnesium: 14.12mg (3.53%), Fiber: 0.87g (3.49%), Vitamin B6: 0.07mg (3.47%), Vitamin B5: 0.31mg (3.07%), Folate: 10.68µg (2.67%), Vitamin B12: 0.13µg (2.17%), Vitamin A: 94.07IU (1.88%), Vitamin B1: 0.03mg (1.84%)