



Pepperoni Pizza Pita

READY IN



10 min.

SERVINGS



1

CALORIES



159 kcal

Ingredients

- 2 mushrooms fresh sliced
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- 0.3 cup part-skim mozzarella cheese shredded
- 6 slices pepperoni
- 1 6-inch wholewheat pita breads whole (es)
- 2 tablespoons tomato sauce

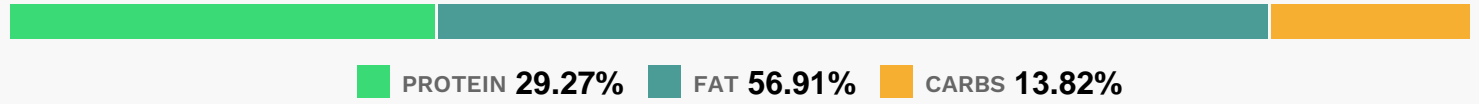
Equipment

- baking sheet
- oven

Directions

- Spread pizza sauce over pita bread. Top with pepperoni, mushrooms and cheese.
- Place on an ungreased baking sheet.
- Bake at 400° for 4–6 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:234, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:10.194782697636%

Nutrients (% of daily need)

Calories: 159.15kcal (7.96%), Fat: 10.39g (15.98%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.97g (3.3%), Cholesterol: 29.56mg (9.85%), Sodium: 514.48mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Vitamin B2: 0.46mg (26.93%), Calcium: 228.7mg (22.87%), Phosphorus: 226.47mg (22.65%), Selenium: 15.13µg (21.62%), Vitamin B3: 3.83mg (19.17%), Copper: 0.31mg (15.42%), Vitamin B5: 1.46mg (14.58%), Potassium: 401.1mg (11.46%), Zinc: 1.56mg (10.37%), Vitamin B6: 0.18mg (8.8%), Vitamin B1: 0.11mg (7.48%), Manganese: 0.15mg (7.44%), Vitamin B12: 0.42µg (6.96%), Vitamin A: 264.58IU (5.29%), Magnesium: 20.56mg (5.14%), Iron: 0.92mg (5.13%), Fiber: 1.27g (5.09%), Folate: 19.66µg (4.92%), Vitamin C: 3.78mg (4.58%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.4µg (2.67%), Vitamin K: 1.98µg (1.89%)