



Pesto Pita Pizza

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 0.5 cup pesto
- ☐ 4 pita bread rounds
- ☐ 2 tomatoes sliced

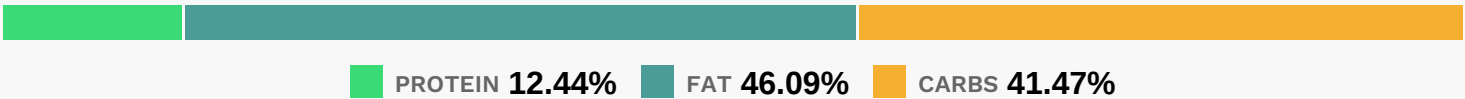
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Arrange pita bread on a baking sheet.
- ☐ Bake in preheated oven until pita is lightly toasted, about 4 minutes.
- ☐ Spread pesto evenly over toasted pita bread and arrange tomato slices in a single layer. Top with feta cheese.
- ☐ Continue baking until feta cheese is browned and pita bread is crisp, about 11 minutes more.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:29.99, Inflammation Score:-7, Nutrition Score:9.87782594432%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 360.17kcal (18.01%), Fat: 18.36g (28.25%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 34.7g (12.62%), Sugar: 2.61g (2.9%), Cholesterol: 27.71mg (9.24%), Sodium: 916.27mg (39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.3%), Vitamin A: 1256.89IU (25.14%), Calcium: 243.98mg (24.4%), Vitamin B2: 0.31mg (17.96%), Manganese: 0.35mg (17.37%), Phosphorus: 164.62mg (16.46%), Vitamin B1: 0.22mg (14.4%), Vitamin C: 8.43mg (10.21%), Fiber: 2.47g (9.86%), Vitamin B6: 0.19mg (9.42%), Zinc: 1.39mg (9.28%), Vitamin B3: 1.85mg (9.23%), Vitamin B12: 0.48µg (7.99%), Folate: 31.74µg (7.93%), Iron: 1.31mg (7.3%), Copper: 0.14mg (6.97%), Magnesium: 26.71mg (6.68%), Potassium: 230.53mg (6.59%), Selenium: 4.25µg (6.07%), Vitamin B5: 0.55mg (5.51%), Vitamin K: 5.37µg (5.11%), Vitamin E: 0.38mg (2.55%)