



Pita Bread Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 free mozzarella singles kraft
- 2 tsp dressing fat free italian kraft
- 0.3 cup classico pizza sauce traditional
- 0.3 cup pasilla peppers fresh green red sliced chopped
- 2 pita breads whole wheat

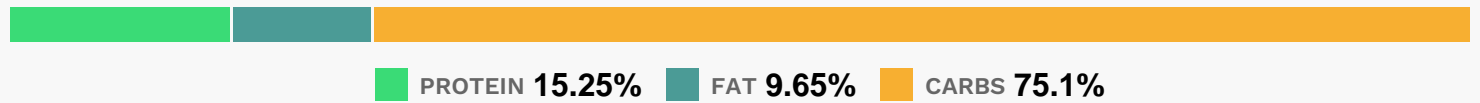
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Place pitas on baking sheet; brush with dressing.
- Bake 8 min. or until lightly browned.
- Top with remaining ingredients.
- Bake 4 to 6 min. or until Singles begin to melt.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.0495652256776%

Nutrients (% of daily need)

Calories: 16.91kcal (0.85%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.98g (1.09%), Sugar: 0.34g (0.38%), Cholesterol: 0.04mg (0.01%), Sodium: 43.61mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.1mg (5.07%), Selenium: 2.64µg (3.77%), Fiber: 0.4g (1.61%), Vitamin B1: 0.02mg (1.39%), Phosphorus: 13.31mg (1.33%), Copper: 0.02mg (1.19%), Vitamin B3: 0.23mg (1.17%), Iron: 0.21mg (1.16%), Magnesium: 4.52mg (1.13%)