



Pita Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup crimini mushrooms sliced
- ☐ 0.1 teaspoon garlic salt
- ☐ 1 teaspoon olive oil
- ☐ 1 pita bread round
- ☐ 3 tablespoons pizza sauce
- ☐ 0.5 cup mozzarella cheese shredded

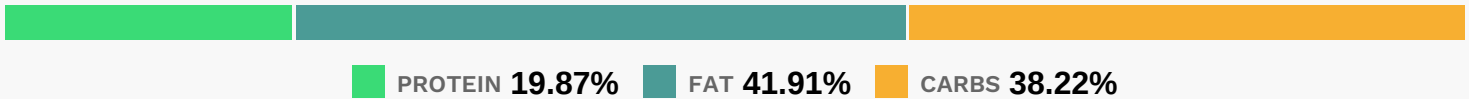
Equipment

- ☐ grill

Directions

- ☐ Preheat grill for medium-high heat.
- ☐ Spread one side of the pita with olive oil and pizza sauce. Top with cheese and mushrooms, and season with garlic salt.
- ☐ Lightly oil grill grate.
- ☐ Place pita pizza on grill, cover, and cook until cheese completely melts, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:169, Glycemic Load:30.16, Inflammation Score:-5, Nutrition Score:12.139130410941%

Nutrients (% of daily need)

Calories: 372.12kcal (18.61%), Fat: 17.34g (26.68%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 33.57g (12.21%), Sugar: 2.49g (2.76%), Cholesterol: 44.24mg (14.75%), Sodium: 1156.43mg (50.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (37%), Calcium: 340.72mg (34.07%), Phosphorus: 286.31mg (28.63%), Vitamin B12: 1.29µg (21.58%), Selenium: 14.47µg (20.67%), Vitamin B2: 0.33mg (19.43%), Manganese: 0.36mg (18.03%), Zinc: 2.4mg (16.02%), Vitamin B1: 0.19mg (12.95%), Copper: 0.24mg (12.11%), Vitamin B3: 2.39mg (11.94%), Vitamin A: 573.41IU (11.47%), Potassium: 324.15mg (9.26%), Vitamin E: 1.33mg (8.88%), Iron: 1.56mg (8.66%), Magnesium: 34.14mg (8.53%), Fiber: 2.02g (8.06%), Vitamin B5: 0.71mg (7.1%), Folate: 25.91µg (6.48%), Vitamin B6: 0.1mg (5.18%), Vitamin K: 4.96µg (4.72%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.24µg (1.61%)