



Pita Pizzas

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby arugula
- ☐ 1 tablespoon rosemary fresh roughly chopped
- ☐ 0.5 cup kalamata olives pitted roughly chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon olive oil extra-virgin plus more for brushing and drizzling
- ☐ 0.3 pound part-skim mozzarella cheese diced
- ☐ 16 servings to- pocketless pitas
- ☐ 1 large onion red 1-inch-thick cut into rounds

- ☐ 1 pinch pepper flakes red
- ☐ 0.5 cup ricotta cheese
- ☐ 3 medium tomatoes

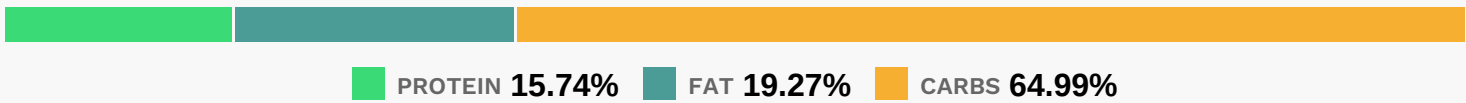
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Core the tomatoes and halve them crosswise, then squeeze the juices and seeds into a large bowl.
- ☐ Whisk in 1 tablespoon olive oil and season with salt and pepper.
- ☐ Add the arugula but don't toss; set aside. Dice the tomatoes and toss in a separate bowl with the olives and rosemary.
- ☐ Preheat a grill to medium high.
- ☐ Brush the onion rounds with olive oil and season with salt. Grill until soft, 3 to 4 minutes per side.
- ☐ Transfer to a plate and separate the rings. Reduce the grill heat to medium.
- ☐ Brush both sides of the pitas with olive oil and grill until marked, 2 to 3 minutes per side. Top with some of the tomato-olive mixture, ricotta, mozzarella and onion. Cover and grill until the cheese melts, 2 to 3 minutes.
- ☐ Toss the arugula with the dressing and pile on top of the pitas. Season with salt and the red pepper flakes and drizzle with olive oil.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:118.11, Inflammation Score:-9, Nutrition Score:23.906087025352%

Flavonoids

Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 829.44kcal (41.47%), Fat: 17.65g (27.16%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 133.96g (44.65%), Net Carbohydrates: 126.59g (46.03%), Sugar: 4.4g (4.89%), Cholesterol: 33.95mg (11.32%), Sodium: 1869.58mg (81.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.89%), Manganese: 1.28mg (63.83%), Calcium: 528.65mg (52.87%), Vitamin B1: 0.66mg (44.29%), Phosphorus: 436.51mg (43.65%), Vitamin A: 1487.6IU (29.75%), Fiber: 7.38g (29.51%), Vitamin B3: 5.53mg (27.67%), Vitamin K: 26.91µg (25.63%), Copper: 0.49mg (24.43%), Vitamin B2: 0.4mg (23.74%), Folate: 94.7µg (23.68%), Magnesium: 90.47mg (22.62%), Iron: 3.98mg (22.13%), Zinc: 3.31mg (22.07%), Vitamin C: 17.03mg (20.65%), Potassium: 650.29mg (18.58%), Selenium: 8.92µg (12.74%), Vitamin E: 1.8mg (11.99%), Vitamin B6: 0.23mg (11.73%), Vitamin B5: 1.17mg (11.67%), Vitamin B12: 0.34µg (5.63%)