



Pita Pizzas with Kale Pesto, Tomatoes, and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups destemmed lacinato/dinosaur kale stemmed coarsely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 3 tablespoons pinenuts divided toasted

- ☐ 4 6-inch pitas whole-wheat ()
- ☐ 6 tablespoons mozzarella cheese fresh shredded
- ☐ 2 center-cut bacon crumbled cooked
- ☐ 4 small tomatoes thinly sliced (such as Campari)
- ☐ 1 tablespoon water
- ☐ 4 cups water

Equipment

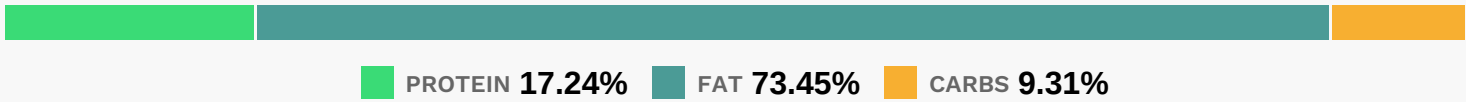
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place a baking sheet in oven. Preheat oven to 40
- ☐ (Keep baking sheet in oven as it preheats.)
- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add kale; cook 1 minute.
- ☐ Drain and plunge kale into ice water.
- ☐ Drain; squeeze excess liquid from kale.
- ☐ Place kale, basil leaves, 2 tablespoons pine nuts, 2 tablespoons Parmesan cheese, and garlic in a food processor. Process until chopped.
- ☐ Add 1 tablespoon water, juice, and salt; pulse 5 times. With processor on, slowly pour oil through food chute; process until well blended.
- ☐ Spread about 2 tablespoons pesto over each pita. Top evenly with tomatoes and bacon.
- ☐ Sprinkle with remaining Parmesan and mozzarella cheeses; top evenly with remaining 1 tablespoon nuts.
- ☐ Remove pan from oven; place pitas on pan.

Bake at 400 for 12 minutes or until crust is browned and crisp.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:17.847391512083%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg, Kaempferol: 5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 25.08g (38.59%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 5.21g (1.89%), Sugar: 3.16g (3.52%), Cholesterol: 33.28mg (11.09%), Sodium: 585.66mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.49%), Vitamin K: 82.03µg (78.12%), Vitamin A: 2377.51IU (47.55%), Manganese: 0.93mg (46.52%), Calcium: 317.89mg (31.79%), Vitamin C: 24.62mg (29.84%), Phosphorus: 257.53mg (25.75%), Vitamin E: 2.44mg (16.25%), Selenium: 9.07µg (12.96%), Zinc: 1.89mg (12.61%), Magnesium: 50.4mg (12.6%), Vitamin B12: 0.71µg (11.85%), Copper: 0.24mg (11.77%), Vitamin B2: 0.19mg (11.22%), Potassium: 371.7mg (10.62%), Vitamin B6: 0.16mg (8.21%), Vitamin B1: 0.12mg (8.1%), Vitamin B3: 1.58mg (7.88%), Fiber: 1.94g (7.77%), Folate: 29.98µg (7.5%), Iron: 1.33mg (7.41%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.2µg (1.3%)