



Pitta pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large wholewheat pita breads
- ☐ 4 tbsp tomato purée
- ☐ 2 tsp seasoning mixed
- ☐ 2 tomatoes sliced
- ☐ 6 slices genoa salami
- ☐ 50 g cheddar cheese grated

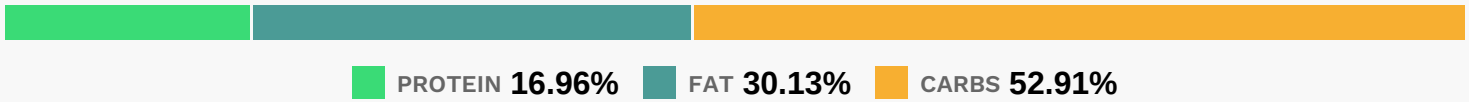
Equipment

- ☐ grill

Directions

- ☐ Heat the grill.
- ☐ Spread each pitta bread with 1 tbsp tomato pure, sprinkle over the mixed herbs, then lay on the tomato slices. Divide the salami between the pittas, sprinkle over the cheese and grill until the cheese is golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:31.92, Inflammation Score:-6, Nutrition Score:10.81130432046%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 290.48kcal (14.52%), Fat: 9.72g (14.95%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 35.65g (12.96%), Sugar: 2.47g (2.74%), Cholesterol: 23.17mg (7.72%), Sodium: 716.23mg (31.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Manganese: 0.44mg (22.07%), Vitamin B1: 0.32mg (21.18%), Phosphorus: 168.86mg (16.89%), Calcium: 165.13mg (16.51%), Vitamin A: 734.45IU (14.69%), Vitamin B3: 2.69mg (13.45%), Vitamin C: 10.14mg (12.29%), Zinc: 1.72mg (11.44%), Vitamin B2: 0.19mg (11.01%), Fiber: 2.74g (10.98%), Vitamin K: 11.3µg (10.76%), Copper: 0.21mg (10.72%), Potassium: 359.99mg (10.29%), Selenium: 7.12µg (10.17%), Iron: 1.82mg (10.1%), Vitamin B6: 0.18mg (9.1%), Magnesium: 34.82mg (8.7%), Vitamin B12: 0.51µg (8.51%), Folate: 30.41µg (7.6%), Vitamin E: 0.91mg (6.04%), Vitamin B5: 0.57mg (5.66%)