



Pitta pizzas

READY IN



20 min.

SERVINGS



2

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 wholewheat pitta breads
- ☐ 4 tsp sun-dried tomato purée
- ☐ 3 plum tomatoes diced ripe
- ☐ 1 shallots thinly sliced
- ☐ 85 g chorizo diced
- ☐ 50 g mature cheddar grated
- ☐ 3 leaves basil if you like

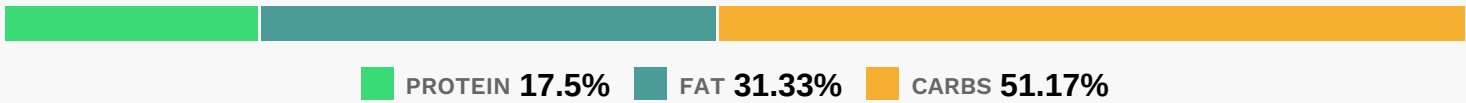
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat up.
- ☐ Spread each pitta with 1 tsp pure. Top with the tomatoes, shallot, chorizo and cheddar.
- ☐ Place on the hot sheet and bake for 10 mins until the pittas are crisp, the cheese has melted and the chorizo has frazzled edges. Scatter with basil, if you like, and serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:160, Glycemic Load:61.04, Inflammation Score:-8, Nutrition Score:17.311739278876%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 582.77kcal (29.14%), Fat: 20.2g (31.08%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 69.03g (25.1%), Sugar: 7.22g (8.02%), Cholesterol: 51.56mg (17.19%), Sodium: 780.97mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Manganese: 0.87mg (43.72%), Calcium: 299.17mg (29.92%), Phosphorus: 288.47mg (28.85%), Vitamin B1: 0.4mg (26.7%), Vitamin A: 1303.19IU (26.06%), Potassium: 756.15mg (21.6%), Vitamin C: 17.74mg (21.5%), Iron: 3.75mg (20.83%), Fiber: 5.2g (20.82%), Copper: 0.41mg (20.26%), Vitamin B3: 3.89mg (19.44%), Magnesium: 68.33mg (17.08%), Vitamin B2: 0.29mg (16.93%), Zinc: 2.27mg (15.12%), Vitamin K: 15.4µg (14.67%), Folate: 57.54µg (14.39%), Selenium: 7.77µg (11.1%), Vitamin B6: 0.21mg (10.34%), Vitamin B5: 0.87mg (8.74%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.26µg (4.42%)