



## POLLY-O White Pizza

READY IN



29 min.

SERVINGS



29

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup basil fresh chopped
- 0.3 tsp garlic salt
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 cup polly-o mozzarella cheese shredded
- 0.3 cup parmesan cheese grated kraft
- 0.3 tsp pepper
- 1 cup polly-o original ricotta cheese
- 12 pita breads whole wheat mini

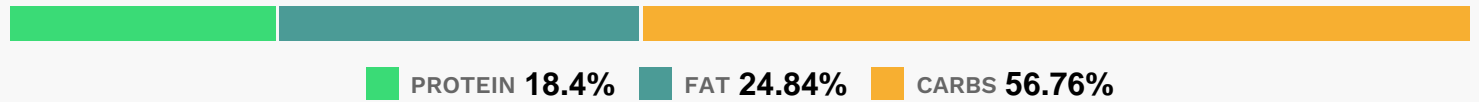
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 450F.
- Combine first 6 ingredients.
- Place pita breads on baking sheet; top with cheese mixture and basil.
- Bake 10 to 14 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.3891303871313%

## Nutrients (% of daily need)

Calories: 90.98kcal (4.55%), Fat: 2.61g (4.02%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.01g (4.37%), Sugar: 0.73g (0.81%), Cholesterol: 8.16mg (2.72%), Sodium: 164.11mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Manganese: 0.41mg (20.59%), Selenium: 12.4µg (17.71%), Phosphorus: 74.55mg (7.45%), Fiber: 1.43g (5.74%), Vitamin B1: 0.08mg (5.41%), Calcium: 49.25mg (4.93%), Magnesium: 18.25mg (4.56%), Iron: 0.78mg (4.35%), Zinc: 0.6mg (4.03%), Copper: 0.07mg (3.55%), Vitamin B6: 0.07mg (3.4%), Vitamin B3: 0.68mg (3.38%), Vitamin B2: 0.05mg (2.91%), Folate: 9.68µg (2.42%), Vitamin B5: 0.22mg (2.2%), Vitamin B12: 0.13µg (2.15%), Vitamin A: 83.16IU (1.66%), Potassium: 54.13mg (1.55%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.17mg (1.13%)