



Provolone and Roasted Pepper Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

Ingredients

- ☐ 1 clove garlic sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 slices optional: lemon
- ☐ 4 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 2 pitas sliced in half to make 4 round pieces
- ☐ 1 cup provolone cheese grated
- ☐ 12 ounce roasted peppers red drained cut into strips

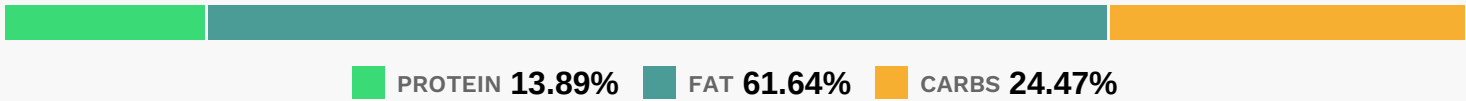
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat broiler to high. Arrange the pitas on a baking sheet, cut-side up.
- ☐ Brush with 2 tablespoons of the oil, then sprinkle with the paprika, oregano, and 1/4 teaspoon of the salt.
- ☐ Place under broiler to crisp, about 2 minutes; set aside.
- ☐ Heat the remaining 2 tablespoons of oil in a skillet.
- ☐ Add the peppers, lemon, garlic, and the remaining salt.
- ☐ Saute until the peppers are hot and fragrant, about 3 minutes.
- ☐ Spread the peppers evenly over the pita halves and sprinkle with the provolone. Return to broiler and cook until the provolone is melted, about 3 minutes.
- ☐ Cut into strips, if desired. Tip: Almost any prepared vegetable from the deli counter can make a delicious substitute for the peppers. Try cured olives or marinated artichoke hearts or mushrooms.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:14.93, Inflammation Score:-8, Nutrition Score:12.018695566965%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 337.12kcal (16.86%), Fat: 23.47g (36.11%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 18.83g (6.85%), Sugar: 0.43g (0.48%), Cholesterol: 22.77mg (7.59%), Sodium: 1845.94mg (80.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.79%), Vitamin C: 43.5mg (52.73%), Calcium: 317.06mg (31.71%), Phosphorus: 212.06mg (21.21%), Vitamin A: 984.78IU (19.7%), Manganese: 0.31mg (15.49%), Vitamin E: 2.29mg (15.29%), Vitamin B6: 0.21mg (10.66%), Vitamin K: 11.12µg (10.59%), Zinc: 1.5mg (9.97%), Vitamin B2: 0.17mg (9.9%), Copper: 0.18mg (8.82%), Iron: 1.58mg (8.76%), Fiber: 2.13g (8.52%), Vitamin B12: 0.48µg (8.03%), Selenium: 5.22µg (7.45%), Vitamin B1: 0.11mg (7.25%), Magnesium: 28.2mg (7.05%), Potassium: 230.73mg (6.59%), Folate: 25.26µg (6.31%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.17µg (1.1%)