



## Savory Roasted-Vegetable Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

### Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 3 pound eggplant ( )
- 2 garlic cloves minced
- 1.5 teaspoons juice of lemon fresh
- 4 ounces mushrooms whole
- 2 tablespoons olive oil
- 1.5 inch onion

- 0.5 ounce part-skim mozzarella cheese
- 4 6-inch pitas whole-wheat toasted cut in half and ()
- 0.3 cup bottled roasted bell peppers red chopped
- 0.3 teaspoon salt
- 0.7 cup tomatoes diced
- 3 tablespoons water
- 1 medium baby squash yellow halved lengthwise
- 1 medium zucchini halved lengthwise
- 1.5 tablespoons or dried fresh minced
- 1.5 tablespoons or dried fresh minced

## Equipment

- bowl
- frying pan
- oven
- roasting pan
- ziploc bags

## Directions

- To prepare the marinated vegetables, combine first 9 ingredients in a large zip-top plastic bag; add mushrooms and next 4 ingredients (mushrooms through zucchini) to bag. Seal and marinate at room temperature for 2 hours, turning bag occasionally.
- Remove vegetables from bag; discard marinade.
- Preheat oven to 40
- Arrange marinated vegetables in a single layer in a shallow roasting pan coated with cooking spray.
- Bake at 400 for 25 minutes or until tender, stirring occasionally.
- Remove from pan; cool. Chop vegetables, and place in a large bowl; stir in tomato and bell peppers. Line each pita half with a cheese slice; fill each with 1/2 cup vegetable mixture.

## Nutrition Facts

PROTEIN 12.77% FAT 36.36% CARBS 50.87%

## Properties

Glycemic Index:103.75, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:19.48608714083%

## Flavonoids

Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 194.2kcal (9.71%), Fat: 8.71g (13.4%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 15.27g (5.55%), Sugar: 16.08g (17.87%), Cholesterol: 2.27mg (0.76%), Sodium: 335.9mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Manganese: 1.08mg (53.95%), Fiber: 12.14g (48.54%), Vitamin C: 33.93mg (41.12%), Potassium: 1218.92mg (34.83%), Vitamin B6: 0.56mg (28.14%), Folate: 112.11µg (28.03%), Copper: 0.46mg (22.82%), Vitamin B2: 0.38mg (22.27%), Vitamin K: 21.99µg (20.94%), Vitamin B3: 3.94mg (19.7%), Magnesium: 74.51mg (18.63%), Phosphorus: 174.45mg (17.44%), Vitamin B5: 1.61mg (16.1%), Vitamin E: 2.3mg (15.35%), Vitamin B1: 0.22mg (14.98%), Vitamin A: 546.38IU (10.93%), Calcium: 87.65mg (8.76%), Iron: 1.58mg (8.75%), Zinc: 1.2mg (7.97%), Selenium: 5.47µg (7.81%)