



Spinach and Feta Pita Bake



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READY IN

ready

17 min.

SERVINGS

servings

6

CALORIES

calories

170 kcal

Ingredients



0.5 cup feta cheese crumbled



4 mushrooms fresh sliced



1 pinch ground pepper black to taste



3 tablespoons olive oil



2 tablespoons parmesan cheese grated



2 roma tomatoes chopped plum



1 bunch pkt spinach rinsed chopped



6 ounce sun-dried tomato pesto



6 6-inch pita breads whole wheat

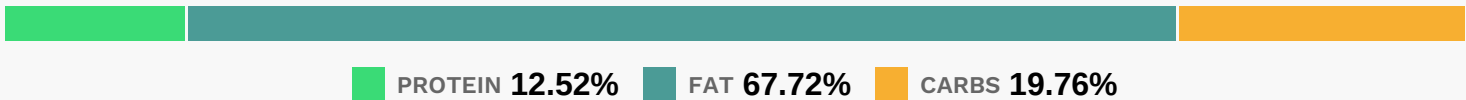
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Spread tomato pesto onto one side of each pita bread, and place them pesto side up on a baking sheet. Top with tomatoes, spinach, mushrooms, feta cheese, and Parmesan cheese.
- ☐ Drizzle with olive oil and season with pepper.
- ☐ Bake for 12 minutes in the preheated oven or until pita breads are crisp.
- ☐ Cut into quarters and serve.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:18.986521713112%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 170.01kcal (8.5%), Fat: 13.2g (20.31%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.34g (3.71%), Cholesterol: 14.84mg (4.95%), Sodium: 483.02mg (21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin K: 279.84µg (266.52%), Vitamin A: 5735.9IU (114.72%), Folate: 119.75µg (29.94%), Manganese: 0.56mg (28.13%), Vitamin C: 20.11mg (24.38%), Vitamin B2: 0.28mg (16.28%), Calcium: 162.66mg (16.27%), Vitamin E: 2.31mg (15.39%), Magnesium: 51.92mg (12.98%), Potassium: 420.39mg (12.01%), Iron: 2.15mg (11.93%), Fiber: 2.6g (10.4%), Vitamin B6: 0.2mg (9.9%), Phosphorus: 98.71mg (9.87%), Copper: 0.14mg (6.8%), Selenium: 4.71µg (6.72%), Vitamin B3: 1.17mg (5.84%), Vitamin B1: 0.09mg (5.72%), Zinc: 0.85mg (5.68%), Vitamin B12: 0.24µg (3.98%), Vitamin B5: 0.39mg (3.9%)