



Summertime Gourmet Salsa Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups iceberg lettuce thinly sliced
- ☐ 6 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 6 6-inch pitas ()
- ☐ 16 ounce spicy refried beans fat-free canned
- ☐ 0.8 cup salsa
- ☐ 3 ounces preshredded four-cheese mexican blend cheese

Equipment

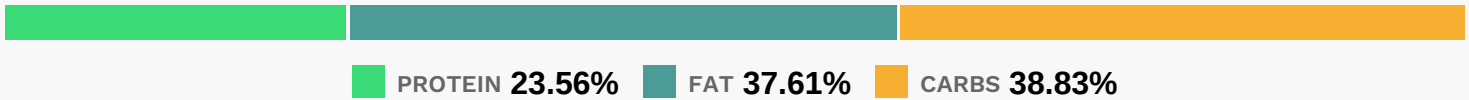
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Place pitas on a large baking sheet.
- ☐ Bake at 400 for 8 minutes, turning once. Cool slightly on a wire rack.
- ☐ Spread about 1/4 cup beans over each pita. Top each pita with 2 tablespoons salsa and 2 tablespoons cheese.
- ☐ Place pizzas on a large baking sheet.
- ☐ Bake at 400 for 8 minutes or until cheese melts.
- ☐ Remove from oven. Top each serving with 1/4 cup lettuce and 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.58, Inflammation Score:-4, Nutrition Score:4.5569565503494%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 132.41kcal (6.62%), Fat: 5.41g (8.32%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.57g (3.12%), Sugar: 3.68g (4.09%), Cholesterol: 17.67mg (5.89%), Sodium: 751.05mg (32.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Fiber: 4g (15.99%), Calcium: 148.48mg (14.85%), Vitamin A: 441.88IU (8.84%), Phosphorus: 85.58mg (8.56%), Vitamin K: 6.12µg (5.83%), Iron: 1mg (5.54%), Vitamin B2: 0.08mg (4.43%), Potassium: 147.92mg (4.23%), Selenium: 2.81µg (4.01%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.08mg (3.81%), Vitamin B12: 0.22µg (3.75%), Manganese: 0.07mg (3.36%), Vitamin E: 0.5mg (3.34%), Magnesium: 11.14mg (2.78%), Folate: 9.92µg (2.48%), Vitamin B3: 0.43mg (2.16%), Vitamin B1: 0.03mg (1.97%), Copper: 0.03mg (1.64%), Vitamin C: 1.23mg (1.49%), Vitamin B5: 0.12mg (1.21%)