



Veggie Pita Pizza

 Vegetarian

READY IN



14 min.

SERVINGS



2

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 6-inch wholewheat pita breads (es in diameter)
- ☐ 2 tablespoons pasta sauce
- ☐ 1 cup zucchini chopped
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 cup roma tomatoes chopped (plum)
- ☐ 2 tablespoons olives ripe sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon basil dried

☐ 1 ounce mozzarella cheese shredded

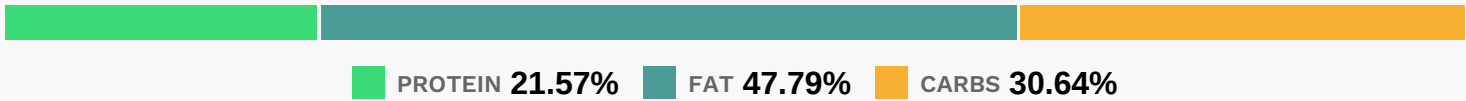
Equipment

- ☐ knife
- ☐ microwave

Directions

- ☐ Split pita bread around edge with knife to make 2 rounds.
- ☐ Spread pizza sauce on bread halves; place on small microwavable plates.
- ☐ Place zucchini and onion in 2-cup microwavable casserole. Microwave uncovered on High 2 minutes 30 seconds to 3 minutes or until tender. Stir in tomatoes, olives, salt and basil.
- ☐ Spoon vegetables onto bread halves; top with cheese. Microwave uncovered on High 45 to 60 seconds or until hot.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:124.5, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:7.4413043571555%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 84.43kcal (4.22%), Fat: 4.77g (7.34%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 4.86g (1.77%), Sugar: 4.25g (4.73%), Cholesterol: 11.2mg (3.73%), Sodium: 586.51mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin C: 20.99mg (25.44%), Vitamin A: 809.57IU (16.19%), Manganese: 0.22mg (10.98%), Potassium: 377.58mg (10.79%), Calcium: 97.99mg (9.8%), Phosphorus: 95.86mg (9.59%), Vitamin B6: 0.18mg (9.19%), Vitamin K: 9.31µg (8.86%), Fiber: 2.02g (8.09%), Vitamin B2: 0.12mg (7.29%), Folate: 28.55µg (7.14%), Vitamin E: 0.95mg (6.33%), Magnesium: 25.21mg (6.3%),

Vitamin B12: 0.32µg (5.39%), Zinc: 0.78mg (5.17%), Copper: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.35%), Vitamin B3: 0.84mg (4.19%), Iron: 0.72mg (4.01%), Selenium: 2.75µg (3.93%), Vitamin B5: 0.26mg (2.62%)