

Veggie Pita Pizza

 Vegetarian

READY IN



14 min.

SERVINGS



1

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

1 cup zucchini chopped

Equipment

knife

microwave

Directions

Split pita bread around edge with knife to make 2 rounds.

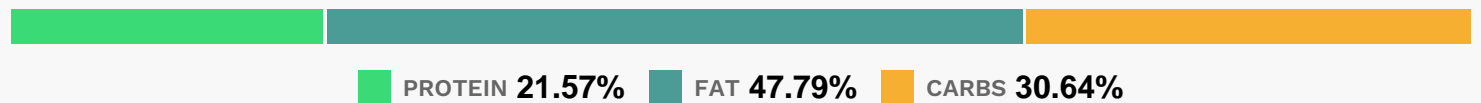
Spread pizza sauce on bread halves; place on small microwavable plates.

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:249, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:14.883478257967%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 168.86kcal (8.44%), Fat: 9.54g (14.68%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 9.72g (3.54%), Sugar: 8.51g (9.45%), Cholesterol: 22.4mg (7.47%), Sodium: 1173.01mg (51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Vitamin C: 41.98mg (50.89%), Vitamin A: 1619.14IU (32.38%), Manganese: 0.44mg (21.97%), Potassium: 755.17mg (21.58%), Calcium: 195.97mg (19.6%), Phosphorus: 191.72mg (19.17%), Vitamin B6: 0.37mg (18.38%), Vitamin K: 18.62µg (17.73%), Fiber: 4.05g (16.19%), Vitamin B2: 0.25mg (14.57%), Folate: 57.1µg (14.27%), Vitamin E: 1.9mg (12.67%), Magnesium: 50.43mg (12.61%),

Vitamin B12: 0.65µg (10.77%), Zinc: 1.55mg (10.34%), Copper: 0.2mg (10.24%), Vitamin B1: 0.13mg (8.71%), Vitamin B3: 1.68mg (8.39%), Iron: 1.44mg (8.01%), Selenium: 5.5µg (7.85%), Vitamin B5: 0.52mg (5.24%)