



Veggie Pita Pizza

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

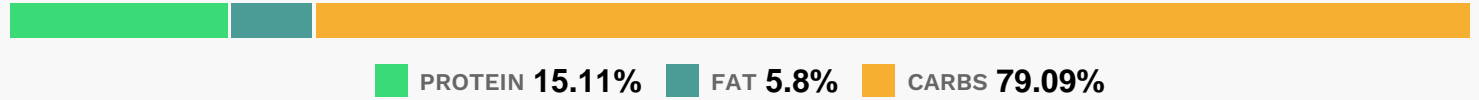
- 0.3 cup cucumber thin
- 1 singles kraft
- 2 Tbsp philadelphia garden vegetable
- 3 slices tomatoes thin
- 1 pita bread whole wheat

Equipment

Directions

- Spread bread with reduced-fat cream cheese.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.1752173965392%

Nutrients (% of daily need)

Calories: 17.16kcal (0.86%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.14g (1.14%), Sugar: 0.22g (0.25%), Cholesterol: 0.02mg (0.01%), Sodium: 26.34mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.11mg (5.37%), Selenium: 2.48µg (3.54%), Vitamin A: 157.16IU (3.14%), Fiber: 0.49g (1.95%), Vitamin B1: 0.02mg (1.58%), Phosphorus: 13.52mg (1.35%), Magnesium: 5.01mg (1.25%), Iron: 0.21mg (1.15%), Copper: 0.02mg (1.08%)