



Veggies and Cheese Mini-Pizzas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 6-inch wholewheat pita breads (6 in diameter)
- 1 cup roma tomatoes chopped (plum)
- 2 cups zucchini chopped
- 0.3 cup onion chopped
- 2 tablespoons olives ripe sliced
- 1 teaspoon basil dried fresh chopped
- 0.3 cup pasta sauce
- 3 ounces mozzarella cheese shredded

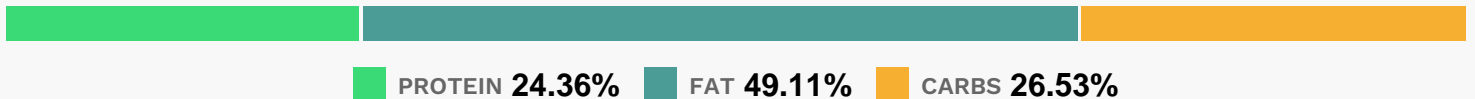
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat oven to 425°. Split each pita bread around edge with knife to make 2 rounds.
- Place rounds on ungreased cookie sheet.
- Bake about 5 minutes or just until crisp.
- Mix tomatoes, zucchini, onion, olives and basil in medium bowl.
- Spread spaghetti sauce evenly over pita rounds. Top with vegetable mixture.
- Sprinkle with cheese.
- Bake 5 to 7 minutes or until cheese is melted.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:8.3182608174241%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 100.41kcal (5.02%), Fat: 5.75g (8.85%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.03g (1.83%), Sugar: 4.32g (4.8%), Cholesterol: 16.8mg (5.6%), Sodium: 279.48mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin C: 21.01mg (25.47%), Vitamin A: 844.51IU (16.89%), Calcium: 135.76mg (13.58%), Phosphorus: 121.39mg (12.14%), Vitamin K: 12.64µg (12.04%), Manganese: 0.24mg (11.99%), Potassium: 387.09mg (11.06%), Vitamin B6: 0.19mg (9.4%), Vitamin B2: 0.15mg (8.59%), Vitamin B12: 0.48µg (8.08%), Fiber: 1.97g (7.87%), Folate: 29.53µg (7.38%), Magnesium: 27.56mg (6.89%), Zinc: 0.99mg (6.63%), Selenium: 3.92µg (5.61%), Vitamin E: 0.84mg (5.57%), Copper: 0.1mg (5.12%), Iron: 0.9mg (5.01%), Vitamin B1: 0.07mg (4.45%), Vitamin B3: 0.85mg (4.24%), Vitamin B5: 0.27mg (2.74%)