



Veggies and Cheese Mini-Pizzas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

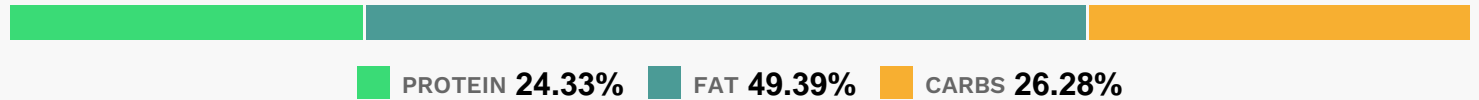
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat oven to 42
- 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:7.9073912708656%

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: 99.82kcal (4.99%), Fat: 5.74g (8.83%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5g (1.82%), Sugar: 4.32g (4.79%), Cholesterol: 16.8mg (5.6%), Sodium: 279.29mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 21.01mg (25.47%), Vitamin A: 842.65IU

(16.85%), Calcium: 130.16mg (13.02%), Phosphorus: 120.7mg (12.07%), Potassium: 380.52mg (10.87%), Manganese: 0.22mg (10.76%), Vitamin B6: 0.18mg (9.23%), Vitamin B2: 0.14mg (8.42%), Vitamin B12: 0.48µg (8.08%), Vitamin K: 8.35µg (7.95%), Fiber: 1.87g (7.49%), Folate: 28.76µg (7.19%), Zinc: 0.98mg (6.51%), Magnesium: 25.79mg (6.45%), Selenium: 3.92µg (5.59%), Vitamin E: 0.81mg (5.39%), Copper: 0.1mg (4.86%), Vitamin B1: 0.07mg (4.44%), Vitamin B3: 0.84mg (4.18%), Iron: 0.68mg (3.76%), Vitamin B5: 0.27mg (2.72%)