



# Whole Wheat Pita Pizza

## Ingredient Summary Analysis

Source: Axya Systems

Yield: 4 (1.000 item(s))

No. Ingredients: 9

Category: Combination Food, Pizzas

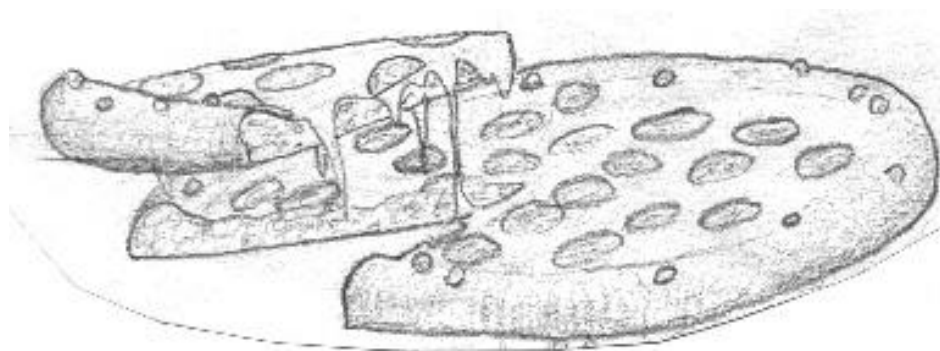
Manufacturer: (None)

Communicating Food for Health  
DAILY VALUES/RDI - ADULT/CHILD

### Ingredient

1 cup low fat pasta sauce  
15 fresh basil leaves, chopped fine  
4 sundried tomatoes, chopped fine  
6 mushrooms, sliced thin  
1/3 green bell pepper, slice thin strips  
1/2 zucchini, sliced in thin circles  
1/4 red onion, sliced in thin strips  
2 cups of low fat mozzarella cheese, grated  
4 whole wheat pita pocket bread

Amount	Unit
1.000	cup(s)
15.000	piece(s)
4.000	item(s)
6.000	item(s)
0.330	item(s)
0.500	item(s)
0.250	item(s)
2.000	cup(s)
4.000	item(s)



### Macronutrients

			% Goal
Kilocalories	316.350	kcal	16%
Protein	24.837	g	50%
Carbohydrate	46.933	g	16%
Fat, Total	4.888	g	8%
Cholesterol	5.000	mg	2%
Saturated Fat	2.296	g	11%
Monounsaturated Fat	0.242	g	
Polyunsaturated Fat	0.771	g	
Trans Fatty Acid	0.000	g	
Dietary Fiber, Total	6.974	g	28%
Sugar, Total	7.992	g	

### Vitamins

			% Goal
Vitamin A (RE)	157.779	RE	
Vitamin A (IU)	778.009	IU	16%
Vitamin C	14.350	mg	24%
Thiamin	0.274	mg	18%
Riboflavin	0.182	mg	11%
Niacin	3.207	mg	16%
Pyridoxine (Vitamin B6)	0.255	mg	13%
Folate (Total)	35.242	µg	9%
Cobalamin (Vitamin B12)	0.011	µg	0%

### Minerals

			% Goal
Sodium	1019.672	mg	42%
Potassium	374.833	mg	11%
Calcium	241.971	mg	24%
Iron	3.184	mg	18%

### Exchanges

		Percentage of Kcals	
Meat-Lean	2.00	Protein	30.0%
Vegetable	2.00	Carbohydrate	56.7%
Bread/Starch	2.50	Fat, total	13.3%
		Alcohol	0.0%