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Toasted Pita with Gouda, Avocado, and Tomato ••

Toasted pita bread topped with melted Gouda cheese, sliced avocado, and fresh tomato. This recipe is a delicious and satisfying vegetarian option for a quick and easy meal.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|-------|--------------|
| 100 g | pita bread |
| 50 g | Gouda Cheese |
| 50 g | Avocado |
| 50 g | Tomato |

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the pita bread in half horizontally to create two rounds.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Baking

Place the pita rounds on a baking sheet and toast in the oven for 5 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Remove the pita rounds from the oven and top each round with equal amounts of Gouda cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Oven

Return the pita rounds to the oven and broil for 1-2 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Remove the pita rounds from the oven and top each round with sliced avocado and tomato.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Fibers | 8 g | 21.05% | 32% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 7 g | N/A | N/A |
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 20 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 500 iu | 55.56% | 71.43% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 200 mg | 20% | 20% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Low Sodium Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Medium

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