



## Baked Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



34 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

## Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 4 6-inch pitas ()

## Equipment

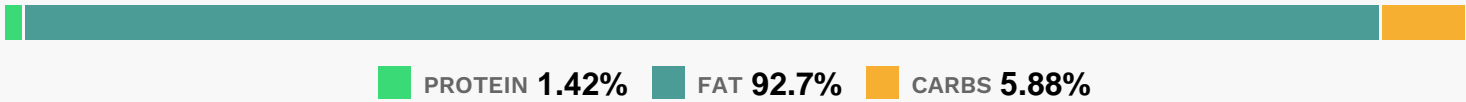
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife

## Directions

- ☐ Preheat oven to 35
- ☐ Split pitas; cut each into 6 wedges.
- ☐ Place wedges in a large bowl.
- ☐ Drizzle with oil; toss to coat.
- ☐ Combine salt, cumin, and chile powder in a small bowl. Gradually sprinkle spice mixture over wedges, tossing to coat.
- ☐ Spread wedges in a single layer on 2 large baking sheets.
- ☐ Bake at 350 for 12 minutes or until crisp and golden.
- ☐ Let cool completely on pans. Store in an airtight container.
- ☐ Kids Can Help: Using a plastic knife, kids can cut the pitas with your help. It's OK if the chips don't look perfect. The kids will feel like they're mastering a skill.

## Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.77565217576921%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 45.28kcal (2.26%), Fat: 4.8g (7.38%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 106.59mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Vitamin E: 0.81mg (5.4%), Vitamin K: 3.18µg (3.03%), Vitamin A: 103.07IU (2.06%), Iron: 0.32mg (1.75%), Manganese: 0.02mg (1.01%)