



Baked Pita Chips - Healthy Seasoned Pita Chips



Vegetarian



Vegan



Dairy Free



Popular

READY IN



20 min.

SERVINGS



32

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 1 sheets baking mix
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 wholewheat pita breads
- ☐ 32 servings salt
- ☐ 32 servings parsley dried

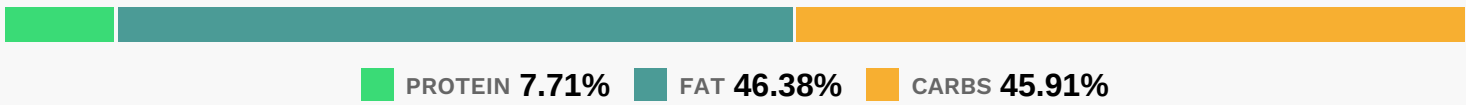
Equipment

- ☐ baking sheet

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Baked Pita Chips
- ☐ Ingredients4 pita bread rounds1/4 cup extra virgin olive oil
- ☐ SaltGarlic powder (optional)Za'atar seasoning OR dried parsley flakes and sesame seeds
- ☐ You will also needA baking sheet
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 10 Minutes
- ☐ Total Time: 20 Minutes
- ☐ Servings: 32 pita chips
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:3.63, Inflammation Score:-1, Nutrition Score:0.64347826187377%

Flavonoids

Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

Nutrients (% of daily need)

Calories: 34.59kcal (1.73%), Fat: 1.78g (2.74%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 232.19mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin K: 2.38µg (2.26%), Manganese: 0.04mg (2.2%), Vitamin E: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.27%)