



Baked Pita Chips with Charred Three Onion Dip

READY IN



50 min.

SERVINGS



8

CALORIES



537 kcal

SIDE DISH

Ingredients

- 1 teaspoon chives fresh chopped
- 0.3 teaspoon garlic powder
- 1 Dash hot sauce such as tabasco
- 0.5 tablespoon kosher salt
- 1 tablespoon kosher salt
- 0.3 tablespoon juice of lemon fresh
- 1 cup mascarpone cheese
- 3 tablespoons olive oil

- 8 servings olive oil for brushing
- 0.3 teaspoon cracked pepper black
- 6 pita bread rounds
- 1 small onion red
- 6 scallions
- 0.5 teaspoon paprika smoked
- 2 cups cup heavy whipping cream sour
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- grill
- grill pan

Directions

- Preheat the oven to 400 degrees F.
- Combine the olive oil, 1/2 tablespoon salt, smoked paprika, garlic powder and pepper in a small bowl.
- Whisk together.
- Brush the seasoned oil on the first pita, stack another pita on top and repeat until you have 3 pitas. Repeat, making a second stack.
- Use a knife to cut the stack into 8 wedges. Repeat with the second stack. Arrange the chips in a single layer on a baking sheet.
- Bake for 10 minutes. Flip and bake until golden and toasted, another 2 to 3 minutes.
- Sprinkle the chips with the remaining 1/2 tablespoon salt as soon as you remove them from the oven.

- Serve with the Charred Three Onion Dip.
- Slice the onion into 4 wedges.
- Heat a grill pan over medium-high heat.
- Brush the scallions and onions with olive oil. Grill until they are softened and the outside is charred, about 5 minutes for the scallions and 10 minutes for the onions. Chop the scallions and slice the onions very thin. Put in a bowl.
- Add the sour cream, mascarpone, Worcestershire, lemon juice, salt, pepper, chives and hot sauce and mix together. Chill for at least 30 minutes before serving.

Nutrition Facts

■ **PROTEIN 5.6%**
■ **FAT 72.76%**
■ **CARBS 21.64%**

Properties

Glycemic Index:31.63, Glycemic Load:22.23, Inflammation Score:-6, Nutrition Score:7.9704347382421%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 537.06kcal (26.85%), Fat: 43.62g (67.1%), Saturated Fat: 16.42g (102.63%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 27.72g (10.08%), Sugar: 3g (3.33%), Cholesterol: 62.05mg (20.68%), Sodium: 1596.99mg (69.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin K: 31.63µg (30.12%), Vitamin E: 3.08mg (20.55%), Vitamin A: 911.06IU (18.22%), Calcium: 147.27mg (14.73%), Manganese: 0.26mg (12.76%), Phosphorus: 94.02mg (9.4%), Vitamin B1: 0.14mg (9.17%), Vitamin B2: 0.15mg (9%), Iron: 1.06mg (5.9%), Fiber: 1.46g (5.86%), Folate: 22.41µg (5.6%), Potassium: 190.32mg (5.44%), Vitamin B3: 1.05mg (5.23%), Magnesium: 20.64mg (5.16%), Copper: 0.1mg (5.08%), Vitamin C: 3.77mg (4.57%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.39mg (3.89%), Selenium: 2.3µg (3.28%), Vitamin B6: 0.06mg (3.23%), Vitamin B12: 0.12µg (2.01%)