



Benne Seed Pita Triangles

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



175 kcal

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 18 ounce pita bread rounds
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sesame seed

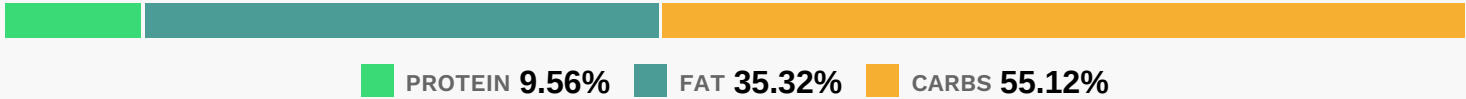
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Split each pita round horizontally into 2 rounds; stack rounds, and cut into 6 wedges to make 72 triangles. Arrange triangles on baking sheets.
- ☐ Stir together butter and pepper.
- ☐ Brush mixture evenly over split sides of pita triangles.
- ☐ Sprinkle evenly with benne seeds and salt.
- ☐ Bake at 375 for 10 to 13 minutes or until golden.
- ☐ Note: For testing purposes only, we used Toufayan Pita Bread. Triangles may be made up to a day ahead. Store in zip-top plastic freezer bags until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:22.13, Inflammation Score:-2, Nutrition Score:3.2569565131612%

Nutrients (% of daily need)

Calories: 174.98kcal (8.75%), Fat: 6.85g (10.54%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 22.94g (8.34%), Sugar: 0.01g (0.01%), Cholesterol: 15.05mg (5.02%), Sodium: 321.55mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Manganese: 0.25mg (12.4%), Vitamin B1: 0.12mg (8.3%), Copper: 0.13mg (6.35%), Calcium: 51.65mg (5.17%), Phosphorus: 51.45mg (5.14%), Vitamin B3: 0.98mg (4.87%), Fiber: 1.11g (4.46%), Iron: 0.8mg (4.44%), Magnesium: 16.02mg (4.01%), Vitamin A: 175.51IU (3.51%), Zinc: 0.47mg (3.12%), Folate: 11.72µg (2.93%), Vitamin B2: 0.05mg (2.77%), Vitamin B5: 0.18mg (1.78%), Potassium: 60.07mg (1.72%), Vitamin B6: 0.03mg (1.27%), Vitamin E: 0.17mg (1.11%)