



WHATSheATE

Chili Chips



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ancho chili powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 3 pita breads whole-wheat cut into eighths

☐

0.3 teaspoon salt

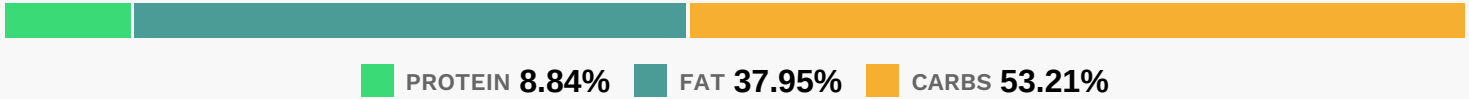
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Combine olive oil and all spices in a large bowl.
- ☐ Add pita wedges and toss to coat,
- ☐ Spread in 1 layer on a baking sheet and bake for 25 to 30 minutes, tossing once, until pita is brown and crisp. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:14.55, Inflammation Score:-1, Nutrition Score:2.2604347668264%

Flavonoids

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

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 5.1g (7.85%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.28g (5.56%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 250.31mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Manganese: 0.16mg (7.99%), Vitamin B1: 0.08mg (5.19%), Vitamin E: 0.75mg (4.99%), Iron: 0.61mg (3.38%), Fiber: 0.81g (3.24%), Vitamin B3: 0.63mg (3.17%), Phosphorus: 30.39mg (3.04%), Vitamin K: 3.15µg (3%), Calcium: 28.06mg (2.81%), Copper: 0.05mg (2.72%), Magnesium: 9.05mg (2.26%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.27mg (1.78%), Folate: 6.93µg (1.73%), Potassium: 46.43mg (1.33%), Vitamin A: 58.92IU (1.18%), Vitamin B5: 0.12mg (1.16%)