



Creamy Dill Dip with Pita Chips

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons optional: dill chopped
- ☐ 1 clove garlic finely minced
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 cups greek yogurt low-fat
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon pepper
- ☐ 12 oz pita bread

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt

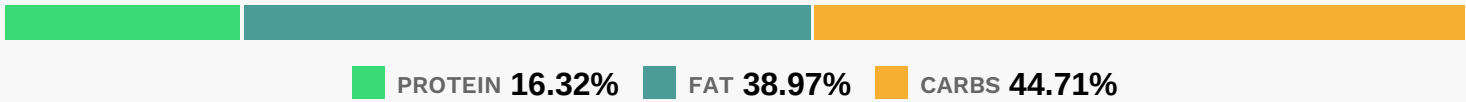
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make dip: Stir together all ingredients; chill.
- ☐ Make chips: Preheat oven to 375F.
- ☐ Cut each pita in half, then cut each half into three wedges.
- ☐ Transfer to a bowl, drizzle with oil and sprinkle with salt and pepper.
- ☐ Divide pita between two baking sheets.
- ☐ Bake, rotating pans midway through cooking, until light brown and crisp, 10 to 12 minutes.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:17.7, Inflammation Score:-1, Nutrition Score:2.7708695482301%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.86kcal (9.44%), Fat: 8.12g (12.49%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 20.16g (7.33%), Sugar: 1.82g (2.02%), Cholesterol: 2.62mg (0.87%), Sodium: 549.99mg (23.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Manganese: 0.18mg (9.19%), Calcium: 83.93mg (8.39%), Vitamin E: 0.98mg (6.54%), Vitamin B1: 0.09mg (6.12%), Vitamin K: 4.26µg (4.06%), Vitamin B3: 0.73mg (3.67%), Phosphorus: 33.72mg (3.37%), Fiber: 0.8g (3.21%), Iron: 0.54mg (3.01%), Copper: 0.06mg (3%), Magnesium: 9.2mg (2.3%), Folate: 8.4µg (2.1%), Vitamin B2: 0.03mg (2%), Zinc: 0.29mg (1.95%), Vitamin B5: 0.14mg (1.39%), Potassium: 44.7mg (1.28%)