



Cumin Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



38

CALORIES



31 kcal

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon lemon pepper
- ☐ 7 ounce pita rounds split mini

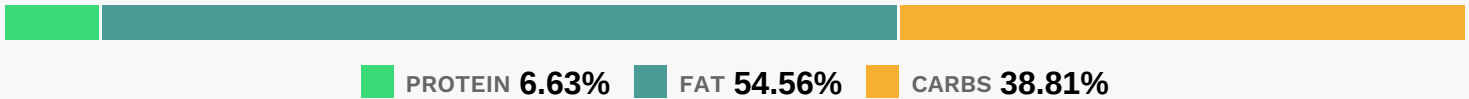
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together melted butter, cumin, and lemon pepper.
- ☐ Cut split pitas into wedges, and brush with butter mixture. Arrange wedges on an aluminum foil-lined baking sheet.
- ☐ Bake wedges at 375 for 15 minutes or until crisp.
- ☐ Note: For testing purposes only, we used Toufayan White Mini Pitettes for mini pita rounds.

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:0.43434782471994%

Nutrients (% of daily need)

Calories: 30.52kcal (1.53%), Fat: 1.85g (2.85%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 48.93mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin A: 79.88IU (1.6%), Manganese: 0.03mg (1.51%)