



Feta Pita Rounds

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



16 kcal

Ingredients

- ☐ 1 ounce feta cheese crumbled reduced-fat finely
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 6-inch wholewheat pita breads ()

Equipment

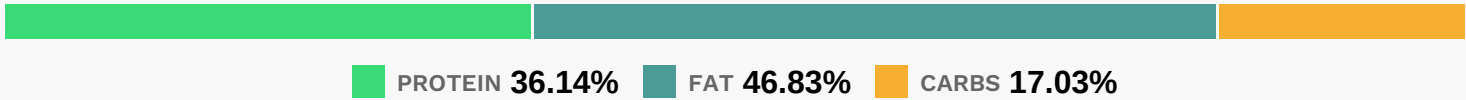
- ☐ grill

Directions

- ☐ Split pita in half lengthwise to get 2 thin rounds. Coat each half with cooking spray.

- ☐ Combine feta cheese and oregano; sprinkle mixture evenly over each round.
- ☐ Place on grill rack coated with cooking spray, and grill 2 minutes or until crisp.
- ☐ Cut each half into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.11608695797622%

Nutrients (% of daily need)

Calories: 16.21kcal (0.81%), Fat: 0.89g (1.38%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.26g (0.29%), Cholesterol: 3.8mg (1.27%), Sodium: 64.65mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%)