



Garlic-Oregano Grilled Pita Bread



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



992 kcal

Ingredients

- ☐ 2 garlic clove smashed
- ☐ 6 servings kosher salt to taste
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons oregano finely chopped
- ☐ 36 servings wholewheat pita breads (6-to)

Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

☐ cutting board

Directions

- ☐ Heat oil in a small heavy skillet over medium heat until it shimmers. Cook garlic, turning once, until pale golden, about 1 minute. Discard garlic and remove skillet from heat, then stir in oregano.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Oil grill rack. Grill pitas, 3 at a time, covered only if using a gas grill, turning once, until grill marks appear, about 2 minutes total per batch.
- ☐ Transfer to a cutting board and brush both sides with garlic-oregano oil.
- ☐ Cut pitas into wedges.
- ☐ Sprinkle with kosher salt.
- ☐ Serve warm.
- ☐ Pitas can be grilled in an oiled hot 2-burner grill pan over medium heat.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:174.48, Inflammation Score:-9, Nutrition Score:20.803043729585%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 991.79kcal (49.59%), Fat: 11.11g (17.09%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 188.63g (62.88%), Net Carbohydrates: 180.51g (65.64%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 1995.48mg (86.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.58%), Manganese: 1.72mg (85.83%), Vitamin B1: 0.9mg (60.14%), Vitamin B3: 7.28mg (36.41%), Phosphorus: 329.92mg (32.99%), Fiber: 8.12g (32.49%), Calcium: 317.58mg (31.76%), Iron: 5.38mg (29.86%), Copper: 0.58mg (28.91%), Magnesium: 92.11mg (23.03%), Folate: 84.62µg (21.16%), Vitamin B2: 0.34mg (19.75%), Zinc: 2.88mg (19.2%), Vitamin K: 14.59µg (13.9%), Vitamin B5: 1.36mg

(13.55%), Potassium: 428.32mg (12.24%), Vitamin E: 1.31mg (8.75%), Vitamin B6: 0.14mg (7.2%)