



Garlic Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic peeled quartered
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup olive oil
- ☐ 6 6-inch pitas split ()
- ☐ 8 servings salt and pepper

Equipment

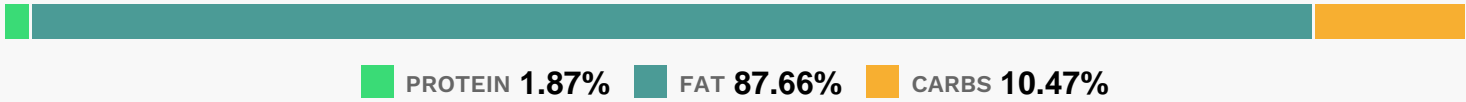
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425F. In a very small saucepan, heat oil, garlic and coriander; season with salt and pepper. Cook over medium heat until garlic is golden, 2 to 3 minutes.
- ☐ Remove pan from heat and let stand for 5 minutes. Discard garlic.
- ☐ Brush oil on rough sides of pitas; stack and cut each into 8 wedges.
- ☐ Place half of wedges oil side up on 2 baking sheets.
- ☐ Bake until golden, about 5 minutes. Repeat with remainder.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:0.37695651420433%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.42kcal (1.37%), Fat: 2.73g (4.21%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 198.04mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin E: 0.39mg (2.6%), Vitamin K: 1.64µg (1.56%)