



Garlicky Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



50 kcal

SIDE DISH

Ingredients

- 1 to 2 garlic cloves pressed
- 0.3 cup olive oil
- 0.5 teaspoon pepper freshly ground
- 6 6-inch pita rounds ()
- 0.5 teaspoon salt

Equipment

- baking sheet
- oven

Directions

- Split pita rounds to make 12 rounds.
- Stir together garlic and oil; brush over both sides of rounds.
- Sprinkle with salt and pepper. Stack pitas; cut stack into 6 wedges.
- Place wedges in a single layer on baking sheets; bake at 400 for 5 to 6 minutes or until crisp.

Nutrition Facts

PROTEIN 0.66% **FAT 95.44%** **CARBS 3.9%**

Properties

Glycemic Index:15.9, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.49956521788693%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.08kcal (2.5%), Fat: 5.41g (8.33%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 119.67mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin E: 0.78mg (5.19%), Vitamin K: 3.42µg (3.26%), Manganese: 0.02mg (1.05%)