

Greek Pita Chips

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup mayonnaise light
- ☐ 1 teaspoon paprika
- ☐ 6 pita rounds white
- ☐ 1 teaspoon greek seasoning

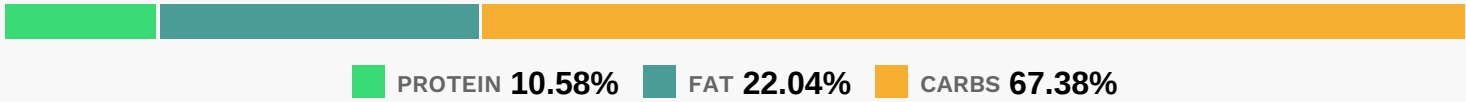
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut pita rounds in half, and separate each half into 2 pieces. Arrange in a single layer on 2 ungreased baking sheets.
- ☐ Stir together mayonnaise, seasoning, and paprika.
- ☐ Brush mayonnaise mixture evenly on 1 side of each pita piece.
- ☐ Bake at 375 for 20 minutes or until toasted.
- ☐ Let stand 15 minutes or until cool. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:2.8556521866956%

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 2.94g (4.52%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 19.18g (6.97%), Sugar: 0.44g (0.49%), Cholesterol: 1.79mg (0.6%), Sodium: 272.98mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Manganese: 0.19mg (9.51%), Vitamin K: 9.24µg (8.8%), Vitamin B1: 0.09mg (6.14%), Fiber: 1.02g (4.07%), Iron: 0.71mg (3.94%), Vitamin B3: 0.76mg (3.82%), Calcium: 37.9mg (3.79%), Phosphorus: 35.63mg (3.56%), Copper: 0.06mg (3.16%), Magnesium: 10.65mg (2.66%), Vitamin E: 0.39mg (2.62%), Folate: 9.78µg (2.44%), Vitamin A: 114.73IU (2.29%), Vitamin B2: 0.04mg (2.21%), Zinc: 0.31mg (2.08%), Potassium: 54.56mg (1.56%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.02mg (1.05%)