



## Homemade Pita Chips with Red Pepper Dip

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1.3 ounces dry-roasted almonds
- 1 teaspoon garlic fresh minced
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon paprika
- 2 6-inch pitas whole-wheat ()

- 1.5 teaspoons red wine vinegar
- 1 cup bottled roasted bell peppers red
- 0.3 teaspoon salt divided

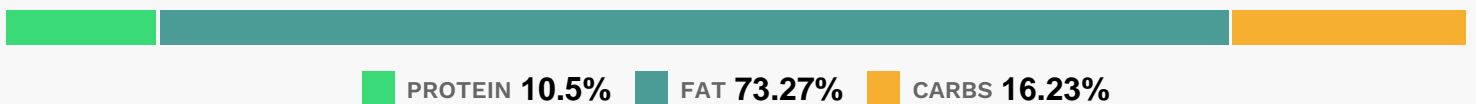
## Equipment

- baking sheet
- oven
- blender

## Directions

- Preheat oven to 40
- Cut each pita into 16 wedges. Carefully peel apart each wedge to make 2 thinner wedges. Arrange wedges in a single layer on a baking sheet coated with cooking spray. Lightly coat wedges with cooking spray; sprinkle with 1/8 teaspoon salt and paprika.
- Bake at 400 for 6 minutes or until lightly browned and crisp.
- While chips bake, combine bell peppers and remaining ingredients in a blender; add remaining 1/8 teaspoon salt. Blend until smooth.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:26.38, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.2491304356119%

## Flavonoids

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: 46.87kcal (2.34%), Fat: 4.05g (6.23%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 332.19mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin C: 8.29mg (10.05%), Manganese: 0.14mg (6.91%),

Vitamin B3: 0.76mg (3.79%), Vitamin E: 0.5mg (3.35%), Vitamin B6: 0.06mg (2.96%), Vitamin A: 136.58IU (2.73%), Magnesium: 10.68mg (2.67%), Fiber: 0.65g (2.59%), Copper: 0.05mg (2.27%), Phosphorus: 21.43mg (2.14%), Iron: 0.34mg (1.87%), Folate: 7.25µg (1.81%), Potassium: 60.54mg (1.73%), Calcium: 12.25mg (1.22%), Zinc: 0.17mg (1.14%), Vitamin K: 1.19µg (1.14%)