



Italian Spiced Pita Chips

READY IN



22 min.

SERVINGS



24

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pinch granulated sugar
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon onion powder
- ☐ 2.5 tablespoons parmesan cheese grated
- ☐ 2 pita pockets (4 halves that are pockets)
- ☐ 0.3 teaspoon pepper flakes red crushed

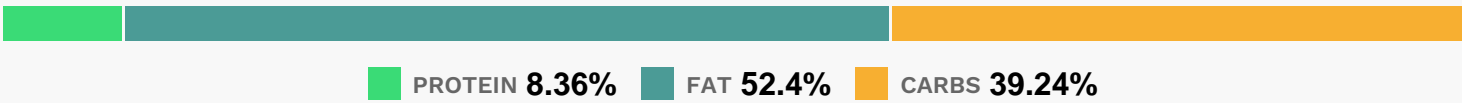
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line a large baking sheet with nonstick foil. Split the 4 pita halves so that you have 8 semi-circles, rough side up.
- ☐ Mix together the olive oil and all the spices (garlic powder through sugar).
- ☐ Brush the olive oil mixture evenly over the semi-circles. Stack 4 at a time and cut into thirds so that you have 24 triangles. Arrange on the baking sheet, split side up, and sprinkle grated parmesan cheese evenly over the chips.
- ☐ Bake for 11-13 minutes or until edges are lightly browned. Makes 24

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:0.50260869146365%

Nutrients (% of daily need)

Calories: 28.53kcal (1.43%), Fat: 1.67g (2.56%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.05g (0.05%), Cholesterol: 0.45mg (0.15%), Sodium: 34.56mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin E: 0.23mg (1.52%), Manganese: 0.03mg (1.31%), Vitamin K: 1.17µg (1.11%)