



Lemon-Garlic Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



22 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon garlic powder
- 1.5 teaspoons lemon pepper
- 2 teaspoons olive oil
- 3 6-inch pita bread rounds split ()

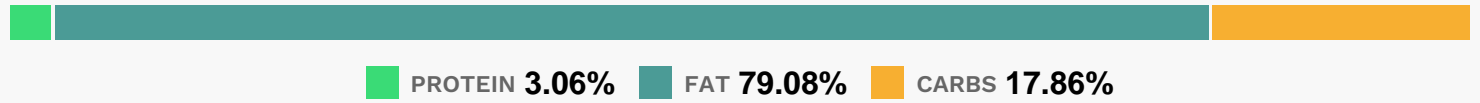
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 40
- Cut each pita half into 4 wedges; place on a baking sheet.
- Drizzle oil evenly over wedges.
- Combine lemon pepper and garlic powder; sprinkle evenly over wedges.
- Bake at 400 for 5 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:0.62043478825818%

Nutrients (% of daily need)

Calories: 22.25kcal (1.11%), Fat: 2.03g (3.13%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Manganese: 0.1mg (5.05%), Vitamin K: 2.43µg (2.32%), Vitamin E: 0.3mg (1.98%)