



Lemon-Garlic Pita Wedges

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



13 kcal

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 garlic clove pressed
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 6-inch pita bread rounds ()

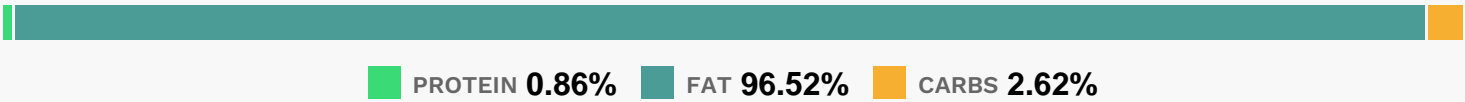
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine butter and garlic in a small saucepan; heat over low heat until butter melts. Stir in lemon rind.
- ☐ Cut each pita in half to form 4 thin rounds.
- ☐ Brush both sides of each round with butter mixture.
- ☐ Cut each round into 8 wedges.
- ☐ Place pita wedges in a single layer on a large baking sheet; sprinkle with salt.
- ☐ Bake at 350 for 10 to 12 minutes or until pita wedges are crisp and lightly browned. Set aside to cool.
- ☐ Shortcut Savvy: Prepare the pita chips a couple of days in advance, and store in an airtight container. If squeezed for time, purchase store-bought pita chips or water crackers.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.097826087118491%

Nutrients (% of daily need)

Calories: 12.92kcal (0.65%), Fat: 1.42g (2.19%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.01g (0.01%), Cholesterol: 3.76mg (1.25%), Sodium: 29.78mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%)