



Parmesan Pita Crisps

READY IN



45 min.

SERVINGS



72

CALORIES



18 kcal

Ingredients

- ☐ 6 tablespoons olive oil
- ☐ 1.3 cups parmesan cheese freshly grated
- ☐ 6 6-inch wholewheat pita breads

Equipment

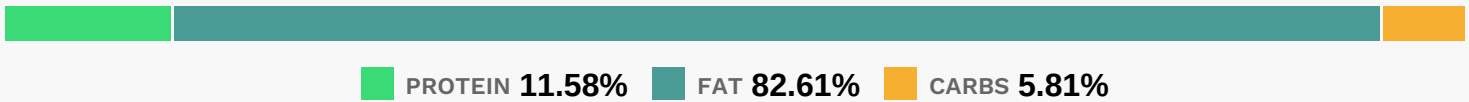
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325°F.

- ☐ Cut each pita bread horizontally in half, forming 2 pita disks.
- ☐ Brush disks with olive oil.
- ☐ Sprinkle disks with Parmesan cheese, then pepper.
- ☐ Cut each disk into 6 wedges. Arrange pita wedges in single layer on large baking sheets.
- ☐ Bake until pita wedges are golden and just crisp, about 12 minutes. (Can be prepared 3 days ahead. Cool completely. Store airtight at room temperature. Rewarm in 325°F oven about 5 minutes.)

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.33608695313982%

Nutrients (% of daily need)

Calories: 17.85kcal (0.89%), Fat: 1.65g (2.54%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0g (0%), Cholesterol: 1.51mg (0.5%), Sodium: 30.85mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Calcium: 15.43mg (1.54%), Vitamin E: 0.18mg (1.18%), Phosphorus: 11.09mg (1.11%)