

Perfect Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



35 kcal

SIDE DISH

Ingredients

- 1 tablespoon garlic powder
- 1 teaspoon garlic salt
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 package pita pockets

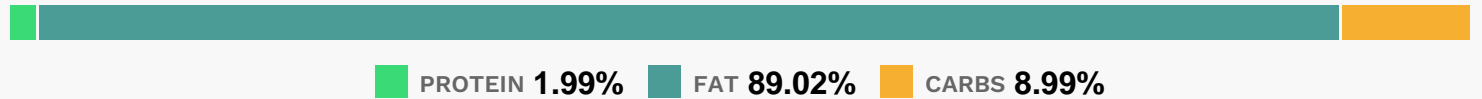
Equipment

- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brush one side of each piece pita pocket with olive oil.
- Sprinkle the garlic powder, salt, and garlic salt over the pita pockets. Slice each pocket into 4 even triangles.
- Bake in preheated oven until the triangles turn a light brown color, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.44782608998534%

Nutrients (% of daily need)

Calories: 34.59kcal (1.73%), Fat: 3.51g (5.4%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 582.71mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin E: 0.51mg (3.4%), Vitamin K: 2.11µg (2.01%)