

## Perfect Pita Chips



Vegetarian



Vegan



Dairy Free



Popular

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

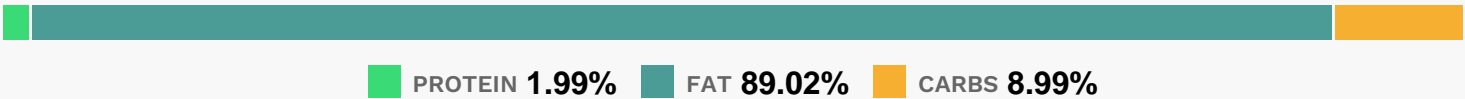
### Equipment

- ☐ 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%)