



Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



1 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons chives fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove pressed
- ☐ 3.5 teaspoons juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 3 6-inch pita bread rounds whole wheat ()
- ☐ 0.3 teaspoon salt

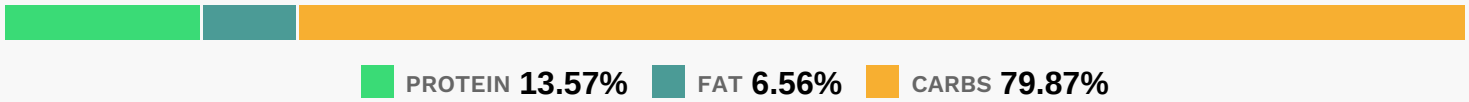
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Separate each pita bread round into 2 rounds; cut each round into 8 wedges. Arrange wedges, cut sides up, in a single layer on a large baking sheet. Coat wedges with cooking spray.
- ☐ Combine lemon juice and garlic; lightly brush over wedges.
- ☐ Combine parsley and remaining 3 ingredients; sprinkle mixture evenly over wedges.
- ☐ Bake at 350 for 12 minutes or until lightly browned.
- ☐ Transfer chips to wire racks; cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.34217390474742%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1.17kcal (0.06%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 37.31mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin K: 4.33µg (4.12%), Vitamin C: 0.87mg (1.05%)