

Pita Chips



Vegetarian



Vegan



Dairy Free



Popular

READY IN



17 min.

SERVINGS



96

CALORIES



21 kcal

SIDE DISH

Ingredients



1 teaspoon chervil dried



0.5 teaspoon basil dried



1 teaspoon garlic salt



0.5 teaspoon ground pepper black



0.5 cup olive oil



12 pita bread pockets

Equipment



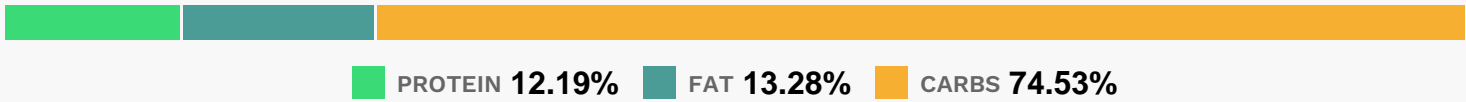
bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cut each pita bread into 8 triangles.
- ☐ Place triangles on lined cookie sheet.
- ☐ In a small bowl, combine the oil, pepper, salt, basil and chervil.
- ☐ Brush each triangle with oil mixture.
- ☐ Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!

Nutrition Facts



Properties

Glycemic Index:1.34, Glycemic Load:3.63, Inflammation Score:-1, Nutrition Score:0.42173913024042%

Nutrients (% of daily need)

Calories: 21.28kcal (1.06%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 61.76mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.04mg (1.78%), Vitamin B1: 0.02mg (1.25%)