



Pita Chips with Goat Cheese Dip

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- 2 ounces garlic-and-herb goat cheese spread softened
- 1 tablespoon milk 1% low-fat
- 2 6-inch pitas ()

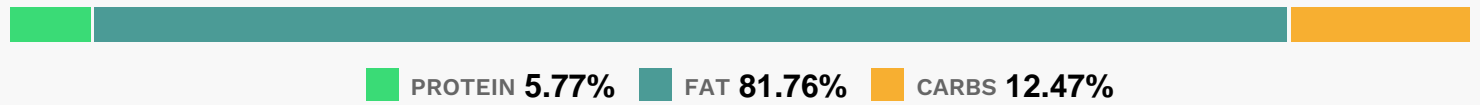
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 42
- Cut each pita into 8 wedges. Arrange pita wedges in a single layer on a baking sheet. Coat pita wedges with cooking spray.
- Bake at 425 for 7 minutes or until crisp.
- Combine cheese spread and milk, stirring until well blended.
- Serve dip with pita chips.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.26, Inflammation Score:1, Nutrition Score:0.15521739058844%

Nutrients (% of daily need)

Calories: 52.29kcal (2.61%), Fat: 4.97g (7.65%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.19g (0.21%), Cholesterol: 15.6mg (5.2%), Sodium: 81.18mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%)