



Pita Crisps

 Vegetarian  Vegan  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



75 kcal

Ingredients

- 0.3 teaspoon garlic powder
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon onion powder
- 0.3 teaspoon salt
- 2 pitas whole wheat cut into 8 wedges

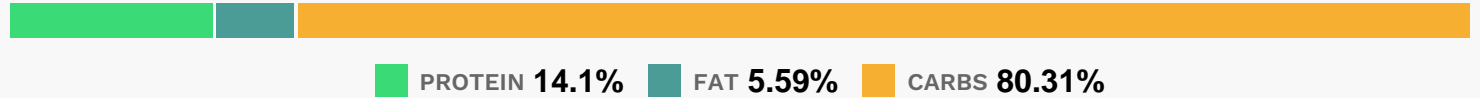
Equipment

- oven

Directions

- Preheat oven to 45
- Combine first 4 ingredients. Coat pita wedges with cooking spray; sprinkle evenly with spice mixture.
- Bake at 450 for 4 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.1913043898733%

Nutrients (% of daily need)

Calories: 74.61kcal (3.73%), Fat: 0.49g (0.76%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.16g (5.15%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 263.45mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Manganese: 0.49mg (24.61%), Selenium: 12.39µg (17.7%), Fiber: 1.76g (7.04%), Vitamin B1: 0.1mg (6.43%), Phosphorus: 51.76mg (5.18%), Magnesium: 19.7mg (4.93%), Iron: 0.88mg (4.88%), Copper: 0.08mg (4.16%), Vitamin B3: 0.8mg (4.01%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.44mg (2.92%), Folate: 10.03µg (2.51%), Vitamin B5: 0.23mg (2.35%), Potassium: 52.36mg (1.5%), Vitamin B2: 0.02mg (1.37%), Vitamin E: 0.19mg (1.27%)