



Pita Croutons



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



51 kcal

Ingredients

- ☐ 0.3 teaspoon garlic crushed
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 8-inch pita bread round split
- ☐ 1 Dash salt

Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine olive oil and next 3 ingredients, and brush olive oil mixture over the inside of each pita bread circle.
- ☐ Cut each pita bread circle into bite-size pieces, and place on a baking sheet.
- ☐ Bake at 400 for 5 to 7 minutes or until croutons are golden brown.

Nutrition Facts



PROTEIN 0.48% **FAT 96.19%** **CARBS 3.33%**

Properties

Glycemic Index:26.4, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:0.74347825996254%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 51.34kcal (2.57%), Fat: 5.62g (8.65%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 9.06mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Vitamin E: 0.88mg (5.86%), Vitamin K: 5.86µg (5.58%), Manganese: 0.02mg (1.17%), Iron: 0.18mg (1.02%)