



## Pita Scoops

READY IN



30 min.

SERVINGS



72

CALORIES



7 kcal

### Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 cup parmesan cheese
- ☐ 18 3-inch pita bread cut into 4 wedges ()
- ☐ 1 teaspoon seasoning salt

### Equipment

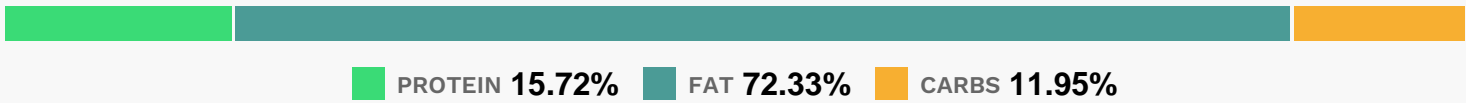
- ☐ bowl

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Place pita wedges into a large bowl and drizzle with oil and toss until coated.2
- ☐ Combine remaining ingredients in a small bowl and pour half of mixture over pita wedges. Toss and then top with the remaining mixture and toss again.3 Arrange in a single layer on a greased baking sheet and bake at 350 degrees for 10 – 15 degrees until golden. Cool completely and package in air tight containers.

## Nutrition Facts



## Properties

Glycemic Index:1.79, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.19304347750933%

## Nutrients (% of daily need)

Calories: 7.12kcal (0.36%), Fat: 0.58g (0.89%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 0.47mg (0.16%), Sodium: 45.7mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%)