



Pita Tree Appetizers

 Vegetarian

READY IN



25 min.

SERVINGS



32

CALORIES



11 kcal

Ingredients

- ☐ 4 6-inch wholewheat pita breads plain flavored (pocket) (6 inches in diameter)
- ☐ 16 pretzel sticks halved thin
- ☐ 0.5 cup cream fat-free sour
- ☐ 0.5 cup guacamole
- ☐ 2 tablespoons parsley finely chopped
- ☐ 0.3 teaspoon highest available proof grain spirit
- ☐ 0.3 cup bell pepper red very finely chopped

Equipment

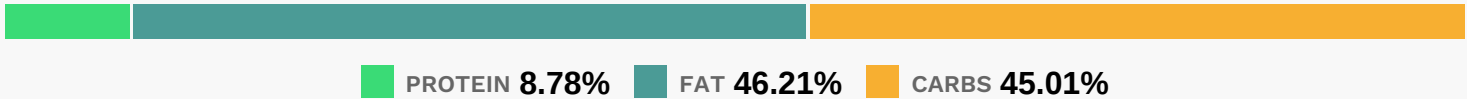
- ☐ bowl

☐ paper towels

Directions

- ☐ Cut each pita fold into 8 wedges. Insert pretzel stick half into center of bottom of each wedge to form "tree trunk."
- ☐ In small bowl, mix sour cream, guacamole, parsley and garlic-pepper blend.
- ☐ Spread about 1 teaspoon sour cream mixture on each pita wedge.
- ☐ Blot bell pepper with paper towel to remove excess moisture.
- ☐ Sprinkle about 1/4 teaspoon bell pepper on each wedge or arrange to form a garland. If desired, cover and refrigerate up to 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.8600000065306%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 10.8kcal (0.54%), Fat: 0.59g (0.91%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.1g (0.11%), Cholesterol: 0.32mg (0.11%), Sodium: 9.49mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin K: 4.99µg (4.75%), Vitamin C: 2.22mg (2.69%), Vitamin A: 72.38IU (1.45%), Folate: 5.02µg (1.26%), Fiber: 0.31g (1.23%)