



Pocket Bread Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

Ingredients

- ☐ 0.3 lb butter at room temperature
- ☐ 3 tablespoons oregano leaves fresh minced (one or a mixture)
- ☐ 5 pocket breads (6 in. wide)
- ☐ 10 servings salt and pepper

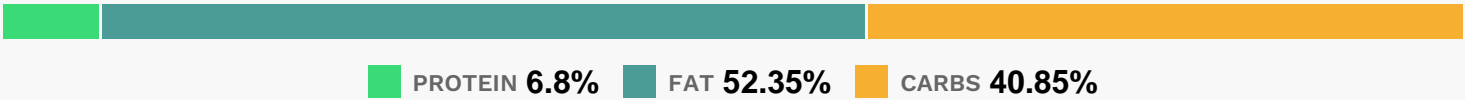
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix butter with basil and salt and pepper to taste.
- ☐ Split pocket breads in half to make rounds.
- ☐ Spread butter mixture lightly over rough side of each round.
- ☐ Place, buttered side up, in a single layer on baking sheets.
- ☐ Bake in a 425 oven until bread is crisp and golden, 8 to 10 minutes (switch pan positions after 4 minutes if using 1 oven).
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:14.55, Inflammation Score:-8, Nutrition Score:3.3282608564781%

Nutrients (% of daily need)

Calories: 162.51kcal (8.13%), Fat: 9.53g (14.66%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.48g (5.63%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 451.18mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Manganese: 0.21mg (10.5%), Vitamin K: 9.33µg (8.88%), Vitamin A: 431.14IU (8.62%), Iron: 0.95mg (5.25%), Vitamin B1: 0.08mg (5.24%), Calcium: 51.56mg (5.16%), Fiber: 1.25g (5.01%), Vitamin E: 0.63mg (4.17%), Vitamin B3: 0.67mg (3.36%), Phosphorus: 31.99mg (3.2%), Magnesium: 11.68mg (2.92%), Copper: 0.06mg (2.83%), Folate: 10.39µg (2.6%), Vitamin B2: 0.04mg (2.31%), Zinc: 0.28mg (1.84%), Potassium: 57.3mg (1.64%), Vitamin B5: 0.13mg (1.35%), Vitamin B6: 0.03mg (1.31%)