



Sesame-Herb Pita Crisps

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



107 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 0.3 cup dry-roasted pistachios shelled
- 0.3 cup olive oil divided
- 4 6-inch pocket pitas whole-wheat split ()
- 0.3 teaspoon salt
- 0.3 cup sesame seed

Equipment

- food processor
- baking sheet
- oven

Directions

- Preheat oven to 35
- Place the first 6 ingredients (through marjoram) in a food processor; pulse until coarsely ground.
- Arrange 4 pita halves, rough sides up, on a baking sheet.
- Brush with 2 tablespoons oil.
- Spread 4 teaspoons pistachio mixture over each pita half.
- Bake at 350 for 16 minutes, or until lightly browned and crisp. Repeat with remaining pita halves. Cool. Break each half into 4 pieces; serve with Feta-Peppercorn
- Spread and red grapes.

Nutrition Facts

■ PROTEIN **7.69%** ■ FAT **83.19%** ■ CARBS **9.12%**

Properties

Glycemic Index:16.4, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:3.7721739200794%

Flavonoids

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

Nutrients (% of daily need)

Calories: 107.26kcal (5.36%), Fat: 10.38g (15.97%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 81.51mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Manganese: 0.24mg (12.2%), Copper: 0.23mg (11.39%), Vitamin E: 1.04mg (6.97%), Magnesium: 26.9mg (6.72%), Iron: 0.98mg (5.44%), Calcium: 54.39mg (5.44%), Phosphorus: 50.3mg (5.03%), Vitamin K: 5.11µg (4.87%), Vitamin B3: 0.96mg (4.8%), Fiber: 1.07g (4.29%), Zinc: 0.54mg (3.58%), Vitamin B1: 0.05mg (3.25%), Vitamin B6: 0.06mg (3.19%), Selenium: 2.19µg (3.13%), Folate: 10.11µg (2.53%), Potassium: 57.28mg (1.64%), Vitamin B2: 0.02mg (1.36%)