



Southwest Pita Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



23 kcal

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 3 cups cheddar cheese shredded yellow extra-sharp loosely packed
- ☐ 1 tablespoon chili powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 12 10-inch wholewheat pita breads
- ☐ 0.5 cup vegetable oil

Equipment

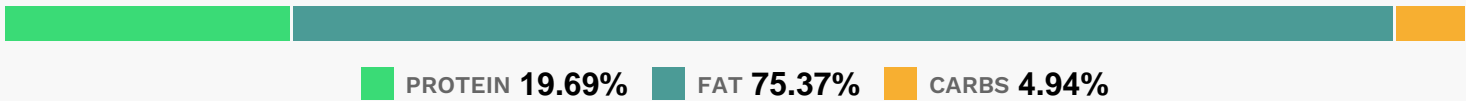
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Arrange oven racks in upper and lower thirds of oven and preheat to 350°F. Line 2 large shallow baking sheets with foil.
- ☐ In small bowl, stir together vegetable oil, chili powder, cumin, and cayenne.
- ☐ Lay 1 pita round on cutting board.
- ☐ Brush both sides with oil mixture and sprinkle one side with 1/4 cup Cheddar.
- ☐ Cut into 6 triangles and place, cheese side up, on baking sheet. Repeat with 5 more pitas (3 pitas per sheet).
- ☐ Bake 6 minutes.
- ☐ Remove pans from oven, turn chips over with tongs, and bake until golden and crisp, about 3 to 4 minutes more.
- ☐ Transfer crisps to a rack and let cool.
- ☐ Repeat process with remaining pitas. Store airtight at room temperature up to one month.
- ☐ If giving as a gift, pack in festive tins or cellophane bags decorated with ribbons.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.73217391554752%

Nutrients (% of daily need)

Calories: 22.84kcal (1.14%), Fat: 1.93g (2.97%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.03g (0.03%), Cholesterol: 4.71mg (1.57%), Sodium: 33.58mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Calcium: 34.2mg (3.42%), Phosphorus: 22.29mg (2.23%), Selenium: 1.36µg (1.94%), Vitamin A: 83.54IU (1.67%), Vitamin B2: 0.02mg (1.3%), Zinc: 0.18mg (1.21%)