



Spiced Pita Chips



Vegetarian



Vegan



Dairy Free

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READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

121 kcal

SIDE DISH

Ingredients



0.3 teaspoon cayenne pepper



0.5 teaspoon garlic powder



0.5 teaspoon ground coriander



1 teaspoon ground cumin



0.3 teaspoon ground pepper fresh black



2 tablespoons olive oil



3 pitas whole-wheat cut into 1/8's



0.3 teaspoon salt

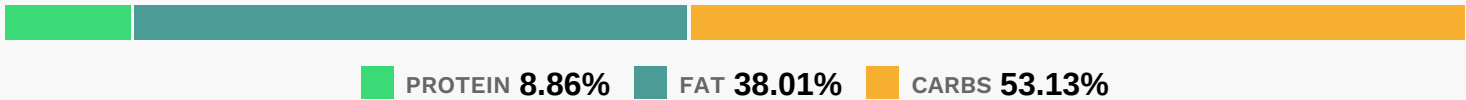
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Combine olive oil and all spices in a large bowl.
- ☐ Add pita wedges and toss to coat,
- ☐ Spread in 1 layer on a baking sheet and bake for about 15 minutes, tossing once, or until pita is brown and crisp. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:14.56, Inflammation Score:-1, Nutrition Score:2.267391299424%

Flavonoids

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

Nutrients (% of daily need)

Calories: 121.3kcal (6.07%), Fat: 5.13g (7.89%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.33g (5.57%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 247.88mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.16mg (8.2%), Vitamin B1: 0.08mg (5.25%), Vitamin E: 0.71mg (4.74%), Iron: 0.7mg (3.87%), Fiber: 0.79g (3.15%), Vitamin B3: 0.63mg (3.14%), Phosphorus: 30.92mg (3.09%), Calcium: 29.16mg (2.92%), Vitamin K: 3.03µg (2.89%), Copper: 0.05mg (2.72%), Magnesium: 9.51mg (2.38%), Zinc: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.76%), Folate: 6.97µg (1.74%), Potassium: 47.51mg (1.36%), Vitamin B5: 0.11mg (1.14%)