

# Spiced Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil
- 1 teaspoon oregano dried
- 2 teaspoons paprika
- 4 pitas

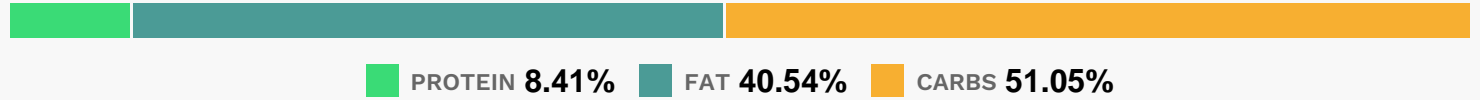
## Equipment

- baking sheet
- broiler

## Directions

- Heat broiler. Split the pitas to make 8 rounds.
- Brush them with the olive oil.
- Sprinkle with the paprika, oregano, and salt. Slice into triangles. Arrange on 2 baking sheets and broil until crisp, about 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.63, Glycemic Load:14.55, Inflammation Score:-4, Nutrition Score:2.5934782523014%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 125.48kcal (6.27%), Fat: 5.66g (8.71%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.14g (5.51%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 295.93mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Manganese: 0.16mg (7.77%), Vitamin E: 0.95mg (6.31%), Vitamin B1: 0.08mg (5.12%), Vitamin A: 250.52IU (5.01%), Vitamin K: 5.12µg (4.87%), Fiber: 0.9g (3.59%), Iron: 0.62mg (3.45%), Vitamin B3: 0.66mg (3.31%), Calcium: 29.36mg (2.94%), Phosphorus: 29.1mg (2.91%), Copper: 0.05mg (2.62%), Magnesium: 8.85mg (2.21%), Vitamin B2: 0.03mg (2.04%), Folate: 7.56µg (1.89%), Zinc: 0.26mg (1.76%), Potassium: 48.23mg (1.38%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.14%)