

BAKED PITA CHIPS

INGREDIENTS:

- 5 whole-wheat pitas, cut into 8 triangles
- 4 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 teaspoon dried basil
- Salt for seasoning (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. In a small bowl, mix olive oil, garlic powder, pepper, and basil.
3. Place pita triangles on a baking sheet lined with parchment paper and brush one side with the olive oil mixture.
4. Bake pita bread for 8 – 10 minutes, until slightly browned.
5. Remove from the oven and let cool.

Nutrition Facts

Serving Size (9g)

Servings Per Container 40

Amount Per Serving

Calories 30 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: joyfulhealthyeats.com

