

# Baked Pita Chips

Serve with Orange/Raspberry Chipolte Salsa.

4 whole wheat pita breads

Heat oven to 400 degrees F. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

**Servings: 8**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	85.12
Calories From Fat (8%)	6.99
% Daily Value	
<b>Total Fat</b> 0.83g	<b>1%</b>
Saturated Fat 0.13g	<b>1%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 170.24mg	<b>7%</b>
<b>Potassium</b> 54.40mg	<b>2%</b>
<b>Carbohydrates</b> 17.60g	<b>6%</b>
Dietary Fiber 2.37g	<b>9%</b>
Sugar 0.26g	
Sugar Alcohols 0.00g	
Net Carbohydrates 15.23g	
<b>Protein</b> 3.14g	<b>6%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 whole wheat pita breads	4 x 1 large pita (6-1/2" dia) of Bread, pita, whole-wheat

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