



# WESTERN WISCONSIN HEALTH

## TOASTED PITA CHIPS

4 or 5 large pita bread rounds

### Nutrition Facts

Serving Size (21g)  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat --g

**Cholesterol 0mg**      **0%**

**Sodium 95mg**      **4%**

**Total Carbohydrate 12g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein 2g**

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 4%

\*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

Preheat oven to 350° F. Split the pita bread rounds in half horizontally. Using a sharp knife, cut each pita half into six wedges. Arrange wedges in a single layer on ungreased baking sheets. Coat pita wedges with nonstick cooking spray. Sprinkle lightly with paprika. Bake for 12 to 15 minutes or until wedges are crisp and golden brown. Makes 48 to 60 chips.

NUTRITION FACTS: Serving size: serves 8 to 10