



## Baked Oil-Free Corn Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

### Ingredients

- 6 servings corn tortillas
- 1 package package

### Equipment

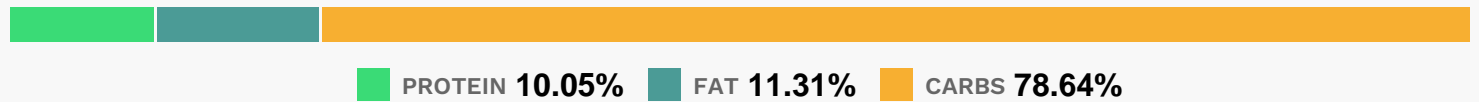
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 350F and line a cookie sheet with parchment paper.
- Cut corn tortillas into triangles and place on prepared cookie sheet.
- Bake 8-10 minutes or until crisp, but be careful not to burn. The chips also crisp slightly as they cool.
- Sprinkle with seasonings before baking, if desired. Note: Make as many as you like! Each tortilla makes six chips and equals one serving.

- Amount Per Serving
- Calories
- Fat
- 70g
- Carbohydrate
- 70g Dietary Fiber NA Sugars NA Protein 1.40g

## Nutrition Facts



## Properties

Glycemic Index: 8.42, Glycemic Load: 5.03, Inflammation Score: -1, Nutrition Score: 1.9113043226788%

## Nutrients (% of daily need)

Calories: 56.68kcal (2.83%), Fat: 0.74g (1.14%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 9.96g (3.62%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 11.7mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Phosphorus: 81.64mg (8.16%), Fiber: 1.64g (6.55%), Magnesium: 18.72mg (4.68%), Manganese: 0.08mg (4.24%), Vitamin B6: 0.06mg (2.85%), Zinc: 0.34mg (2.27%), Selenium: 1.59µg (2.27%), Calcium: 21.06mg (2.11%), Copper: 0.04mg (2%), Vitamin B3: 0.39mg (1.95%), Iron: 0.32mg (1.78%), Vitamin B1: 0.02mg (1.63%), Potassium: 48.36mg (1.38%)