



Baked Tortilla Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 teaspoon chili powder
- 12 ounce corn tortillas
- 1 teaspoon ground cumin
- 3 tablespoons juice of lime
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

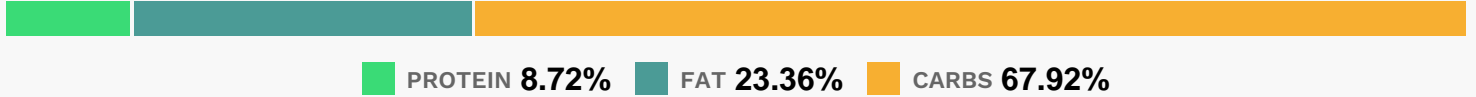
- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a cookie sheet.
- In a mister, combine the oil and lime juice.
- Mix well and spray each tortilla wedge until slightly moist.
- Combine the cumin, chili powder and salt in a small bowl and sprinkle on the chips.
- Bake for about 7 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp, but not too brown.
- Serve with salsas, garnishes or guacamole.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:10.97, Inflammation Score:-3, Nutrition Score:5.019999978335%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 147.71kcal (7.39%), Fat: 4.01g (6.17%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 22.48g (8.17%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 419.27mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Phosphorus: 181.75mg (18.17%), Fiber: 3.75g (15.01%), Magnesium: 43.15mg (10.79%), Manganese: 0.2mg (10.2%), Vitamin B6: 0.14mg (6.77%), Iron: 0.99mg (5.48%), Zinc: 0.78mg (5.2%), Calcium: 51.42mg (5.14%), Selenium: 3.55µg (5.07%), Copper: 0.1mg (4.79%), Vitamin B3: 0.92mg (4.58%), Vitamin K: 4.58µg (4.37%), Vitamin B1: 0.06mg (3.87%), Potassium: 126.78mg (3.62%), Vitamin E: 0.5mg (3.33%), Vitamin C: 2.28mg (2.76%), Vitamin B2: 0.04mg (2.48%), Vitamin A: 107.95IU (2.16%)