



Baked Tortilla Chips

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- 10 6-inch flour tortilla ()
- 2 teaspoons kosher salt
- 0.3 cup vegetable oil

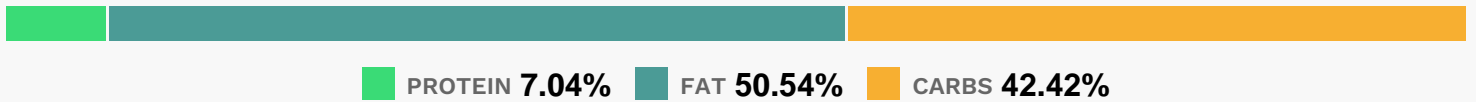
Equipment

- baking sheet
- oven
- cutting board

Directions

- Heat the oven to 400°F and arrange the racks to divide the oven into thirds.
- Place half of the tortillas in a single layer on a cutting board.
- Brush them with a quarter of the oil and sprinkle with a quarter of the salt. Flip the tortillas and repeat. Stack the tortillas and cut into 8 wedges. Arrange the wedges in a single layer on a baking sheet. Repeat with the remaining tortillas and arrange on a second baking sheet.
- Place both sheets in the oven and bake for 7 minutes. Rotate the baking sheets front to back and top to bottom and bake until the chips are light golden brown and crisp, about 7 to 10 minutes more.
- Remove the sheets to wire racks and let sit until the chips are completely cooled. Store in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:6.3726087368053%

Nutrients (% of daily need)

Calories: 233.3kcal (11.66%), Fat: 13.08g (20.12%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.95g (8.35%), Sugar: 1.86g (2.06%), Cholesterol: 0mg (0%), Sodium: 1143.16mg (49.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin K: 20.3µg (19.34%), Vitamin B1: 0.25mg (16.77%), Selenium: 11.15µg (15.93%), Manganese: 0.25mg (12.45%), Folate: 47µg (11.75%), Vitamin B3: 2.21mg (11.05%), Phosphorus: 103mg (10.3%), Iron: 1.82mg (10.13%), Vitamin B2: 0.14mg (8.29%), Calcium: 73.48mg (7.35%), Fiber: 1.75g (7%), Vitamin E: 0.74mg (4.95%), Magnesium: 11.02mg (2.76%), Copper: 0.05mg (2.63%), Potassium: 62.66mg (1.79%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.48%)