



Bone Crackers

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 27 ounce flour tortillas
- ☐ 0.3 teaspoon garlic salt

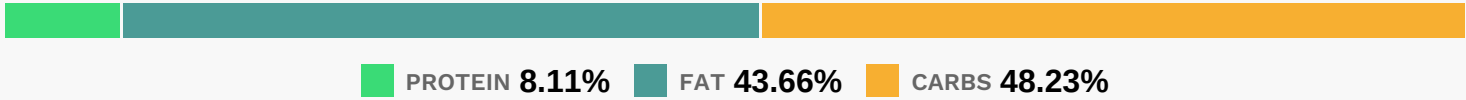
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut tortillas with a 3 1/2-inch bone-shaped cutter, and place on baking sheets. Stir together butter and garlic salt; brush mixture on tortillas.
- ☐ Bake at 250 for 30 minutes or until crisp.
- ☐ NOTE: Flour tortillas may be cut into bone shapes using kitchen shears.

Nutrition Facts



Properties

Glycemic Index:0.57, Glycemic Load:1.99, Inflammation Score:-1, Nutrition Score:1.4778260866423%

Nutrients (% of daily need)

Calories: 52.64kcal (2.63%), Fat: 2.54g (3.91%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.87g (2.14%), Sugar: 0.47g (0.53%), Cholesterol: 0mg (0%), Sodium: 121.42mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin B1: 0.06mg (4.29%), Selenium: 2.84µg (4.06%), Manganese: 0.06mg (3.15%), Folate: 12.01µg (3%), Vitamin B3: 0.56mg (2.82%), Phosphorus: 26.72mg (2.67%), Iron: 0.46mg (2.57%), Vitamin B2: 0.04mg (2.16%), Calcium: 19.2mg (1.92%), Fiber: 0.45g (1.79%), Vitamin A: 67.66IU (1.35%)