

Cajun Tortilla Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



80

CALORIES



21 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon thyme leaves dried
- ☐ 10 7-inch flour tortillas cut into 8 wedges
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon onion powder
- ☐ 1.5 teaspoons paprika
- ☐ 80 servings try build-a-meal

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

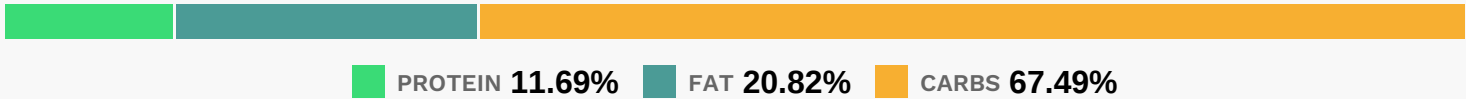
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375.To prepare Cajun seasoning, combine first 8 ingredients in a small bowl.To prepare chips, arrange the tortilla wedges on 2 baking sheets coated with cooking spray. Coat wedges with cooking spray.
- ☐ Sprinkle 2 teaspoons Cajun seasoning over wedges.
- ☐ Bake chips at 375 for 6 minutes or until crisp.Note: Store remaining Cajun seasoning in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:1.0808695549874%

Nutrients (% of daily need)

Calories: 21.18kcal (1.06%), Fat: 0.49g (0.76%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.15g (1.15%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 49.65mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Manganese: 0.1mg (4.95%), Selenium: 1.8µg (2.58%), Vitamin B1: 0.03mg (2.15%), Phosphorus: 18.46mg (1.85%), Fiber: 0.45g (1.81%), Iron: 0.3mg (1.66%), Vitamin B3: 0.31mg (1.57%), Folate: 5.63µg (1.41%), Vitamin B2: 0.02mg (1.17%)