



Chili-Cumin Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 flour tortillas fat-free (10 in.)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon salt

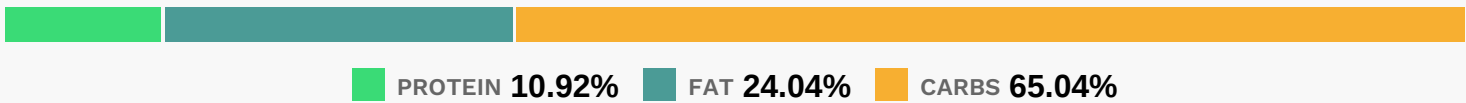
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Brush each flour tortilla on 1 side with lime juice.
- ☐ Mix chili powder, ground cumin, and salt.
- ☐ Sprinkle seasoning mixture over lime-moistened side of tortillas.
- ☐ Cut tortillas into quarters.
- ☐ Arrange quarters in a single layer, chili side up, on a 12- by 15-inch baking sheet.
- ☐ Bake in a 400 oven until chips are crisp and lightly browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.1234782694475%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 24.59kcal (1.23%), Fat: 0.66g (1.02%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.67g (1.34%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 132.22mg (5.75%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin B1: 0.04mg (2.64%), Selenium: 1.73µg (2.47%), Manganese: 0.05mg (2.3%), Iron: 0.4mg (2.23%), Vitamin B3: 0.37mg (1.84%), Folate: 7.32µg (1.83%), Phosphorus: 17.09mg (1.71%), Vitamin A: 76.65IU (1.53%), Fiber: 0.37g (1.48%), Vitamin B2: 0.02mg (1.42%), Calcium: 13.25mg (1.32%)