



Chili-Lime Tortilla Triangles

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



64 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon annatto powder (annatto)
- 0.3 teaspoon ground pepper
- 4 12-inch flour tortilla ()
- 3 tablespoons juice of lime fresh
- 1.5 teaspoons paprika
- 1 teaspoon salt
- 0.3 cup vegetable oil

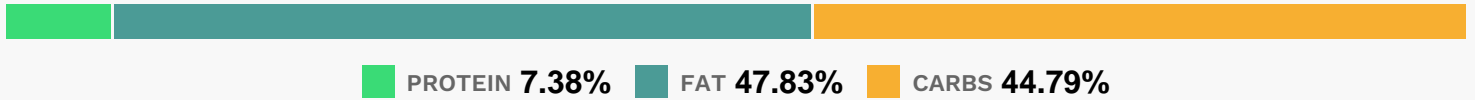
Equipment

- baking sheet
- oven
- knife

Directions

- Preheat oven to 350°F.
- Stir together paprika, achiote, cayenne, salt, lime juice, and oil.
- Put 1 tortilla on each of 2 baking sheets and brush with oil mixture.
- Cut each tortilla into long thin triangles with a sharp knife.
- Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until crisp and lightly golden, 15 to 20 minutes total.
- Transfer triangles to racks to cool. Repeat with remaining 2 tortillas.
- Triangles may be made 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:2.23, Inflammation Score:-1, Nutrition Score:1.919565256523%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg 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: 64.34kcal (3.22%), Fat: 3.43g (5.27%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.56g (0.63%), Cholesterol: 0mg (0%), Sodium: 177.65mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 5.3µg (5.05%), Vitamin B1: 0.07mg (4.83%), Selenium: 3.19µg (4.55%), Manganese: 0.07mg (3.63%), Folate: 13.6µg (3.4%), Vitamin B3: 0.64mg (3.21%), Iron: 0.54mg (3%), Phosphorus: 29.89mg (2.99%), Vitamin B2: 0.04mg (2.45%), Fiber: 0.54g (2.17%), Calcium: 21.28mg (2.13%), Vitamin E: 0.22mg (1.47%), Vitamin A: 53.38IU (1.07%)