

Chili Tortilla Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



716 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground chili powder
- ☐ 0.3 teaspoon ground chipotle powder
- ☐ 10 6-inch corn tortillas
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon kosher salt
- ☐ 6 cups vegetable oil; peanut oil preferred

Equipment

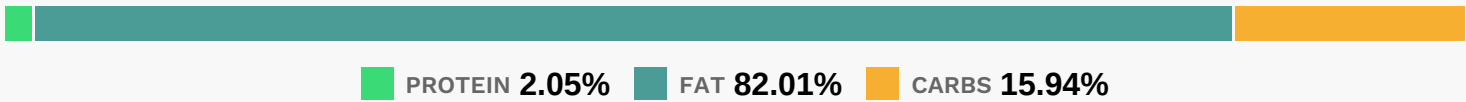
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ tongs
- ☐ candy thermometer

Directions

- ☐ Pour the peanut oil into a large (11 x 4-inch) stainless steel pot fitted with a candy thermometer; you want the oil to be at least 1-inch deep.
- ☐ Heat the oil to about 380 degrees, or almost smoking.
- ☐ Cut the tortillas in quarters (they will seem large) and add them in batches to the hot oil without crowding them. Cook for 2 to 3 minutes, turning once to brown evenly.
- ☐ Remove the tortillas with a flat wire strainer or tongs and place them on a sheet pan lined with paper towels. Continue cooking the chips until they're all fried.
- ☐ Meanwhile, combine the salt, chipotle powder, chili powder, and cumin in a small bowl. While the chips are still hot, sprinkle them evenly with the spice mixture.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:12.57, Inflammation Score:-5, Nutrition Score:8.0304346606945%

Nutrients (% of daily need)

Calories: 715.71kcal (35.79%), Fat: 66.72g (102.64%), Saturated Fat: 11.25g (70.34%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 24.97g (9.08%), Sugar: 0.59g (0.66%), Cholesterol: 0mg (0%), Sodium: 1777.67mg (77.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin E: 10.46mg (69.7%), Phosphorus: 205.47mg (20.55%), Fiber: 4.2g (16.78%), Magnesium: 47.67mg (11.92%), Manganese: 0.22mg (11.24%), Vitamin B6: 0.15mg (7.41%), Zinc: 0.88mg (5.86%), Selenium: 4.03µg (5.75%), Calcium: 55.72mg (5.57%), Iron: 0.96mg (5.33%), Copper: 0.1mg (5.25%), Vitamin B3: 1.01mg (5.05%), Vitamin B1: 0.06mg (4.17%), Potassium: 128.37mg (3.67%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 77.01IU (1.54%)