

Cinnamon Chips

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- 2 8-inch flour tortillas ()
- 0.3 teaspoon ground cinnamon
- 1 tablespoon sugar
- 1 tablespoon water

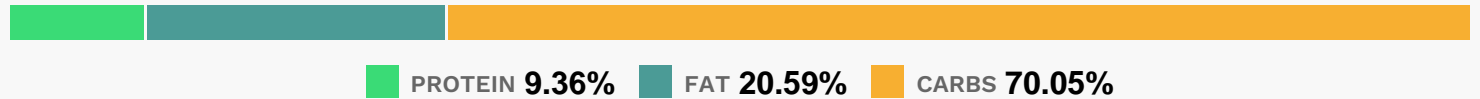
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 35
- Combine the sugar and cinnamon in a small bowl. Lightly brush both sides of tortillas with water, and sprinkle each side with cinnamon mixture.
- Cut each tortilla into 12 wedges. Arrange the wedges in a single layer on a cookie sheet.
- Bake at 350 for 15 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:1.9082608499119%

Nutrients (% of daily need)

Calories: 59.93kcal (3%), Fat: 1.37g (2.1%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.82g (3.57%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 125.27mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin B1: 0.09mg (5.7%), Selenium: 3.81µg (5.44%), Manganese: 0.1mg (4.93%), Folate: 15.98µg (4%), Vitamin B3: 0.75mg (3.76%), Phosphorus: 35.07mg (3.51%), Iron: 0.63mg (3.47%), Vitamin B2: 0.05mg (2.84%), Calcium: 25.75mg (2.58%), Fiber: 0.64g (2.56%), Vitamin K: 1.25µg (1.19%)