

Ghost Chips

READY IN SE

45 min.

Vegetarian

SERVINGS

24

calories ô

77 kcal

Dairy Free

SIDE DISH

Ingredients

- 0.3 teaspoon cayenne
- 1.5 teaspoons chili powder
- 24 6-inch corn tortillas ()
- 0.5 teaspoon ground cumin
- 0.5 teaspoon kosher salt
- 0.5 teaspoon paprika
- 0.3 cup vegetable oil

Equipment

	baking sheet
	oven
	whisk
	skewers
Di	rections
	Arrange oven racks in upper and lower thirds of oven. Preheat oven to 375F.
	Brush two large cookie sheets with oil.
	Whisk 1/4 cup oil with chili powder, paprika, cumin, cayenne and salt.
	Cut corn tortillas into 24 ghost shapes. Use a wooden skewer to punch eye holes into each ghost.
	Brush one side of each ghost with oil and spice mixture.
	Place ghosts, dry side down, in single layer on the prepared baking sheets.
	Bake, switching position of pans halfway through, until ghosts have curled into lively shapes and become golden and crisp, 12 to 14 minutes. Season with additional salt, if desired; let cool completely on pans. Repeat with remaining tortillas. (Ghosts can be made up to 3 days ahead; store in a tightly covered tin.)
	Nutrition Facts
PROTEIN 7.54% FAT 34.15% CARBS 58.31%	
Droportios	

Properties

Glycemic Index:4.27, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:2.3104347581773%

Nutrients (% of daily need)

Calories: 77.45kcal (3.87%), Fat: 3.05g (4.69%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 10g (3.64%), Sugar: 0.25g (0.27%), Cholesterol: Omg (0%), Sodium: 62.3mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Phosphorus: 82.41mg (8.24%), Fiber: 1.71g (6.82%), Magnesium: 19.17mg (4.79%), Manganese: 0.09mg (4.47%), Vitamin K: 4.36µg (4.15%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.35mg (2.34%), Selenium: 1.62µg (2.31%), Calcium: 22.02mg (2.2%), Vitamin E: 0.33mg (2.17%), Iron: 0.38mg (2.11%), Copper: 0.04mg (2.1%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.03mg (1.68%), Potassium: 52.92mg (1.51%), Vitamin A: 67.3IU (1.35%), Vitamin B2: 0.02mg (1.11%)