



Ghost Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



77 kcal

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

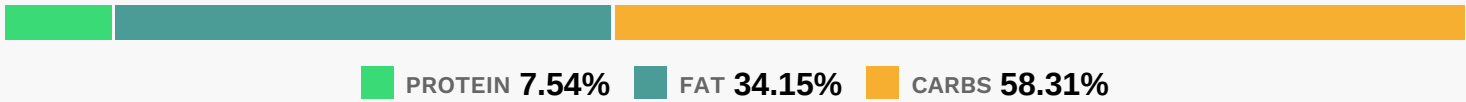
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ 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



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: 0mg (0%), Sodium: 62.3mg (2.71%), Alcohol: 0g (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: 67.31IU (1.35%), Vitamin B2: 0.02mg (1.11%)