



## Jumpin' Jack Tortillas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

### Ingredients

- 2 teaspoons chili powder
- 8 8-inch flour tortillas ()
- 6 ounces monterrey jack cheese shredded with peppers
- 0.5 teaspoon salt

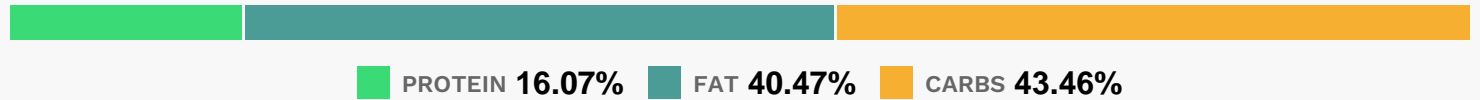
### Equipment

- baking sheet
- oven

## Directions

- Cut tortillas into eighths; coat triangles with cooking spray, and place on a baking sheet.
- Combine chili powder and salt; sprinkle over tortillas. Top with cheese.
- Bake at 400 for 15 minutes or until cheese melts and tortillas are golden brown.
- \* 8 (8-inch) corn tortillas may be substituted for flour tortillas.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:8, Inflammation Score:-4, Nutrition Score:8.2391303155733%

## Nutrients (% of daily need)

Calories: 236.78kcal (11.84%), Fat: 10.59g (16.29%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 23.63g (8.59%), Sugar: 2.03g (2.26%), Cholesterol: 18.92mg (6.31%), Sodium: 656.48mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Calcium: 234.82mg (23.48%), Selenium: 14.56µg (20.8%), Phosphorus: 200.96mg (20.1%), Vitamin B1: 0.26mg (17.4%), Vitamin B2: 0.23mg (13.61%), Manganese: 0.26mg (13.16%), Folate: 51.91µg (12.98%), Vitamin B3: 2.33mg (11.66%), Iron: 2.09mg (11.62%), Fiber: 1.96g (7.84%), Vitamin A: 311.76IU (6.24%), Zinc: 0.93mg (6.2%), Vitamin K: 4.73µg (4.51%), Magnesium: 17.71mg (4.43%), Copper: 0.06mg (3.25%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.06mg (2.87%), Potassium: 90.75mg (2.59%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.33%)