



Margarita Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 12 6-inch corn tortillas cut into 6 wedges ()
- ☐ 2 teaspoons lime zest chopped
- ☐ 1.5 teaspoons sea salt fine-grained
- ☐ 10 servings vegetable oil

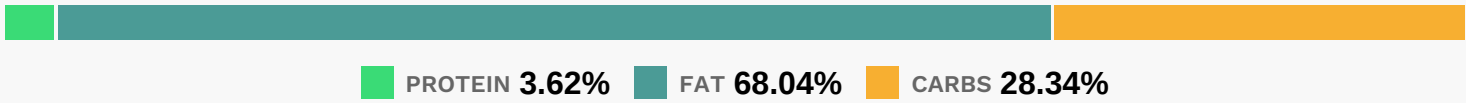
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine salt and lime zest.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 35
- ☐ Fry tortilla wedges in small batches in hot oil about 30 seconds or until golden.
- ☐ Drain on paper towels; sprinkle with lime salt.
- ☐ Note: Homemade lime salt tastes fresher than packaged lime salt.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:6.04, Inflammation Score:-1, Nutrition Score:3.7095652574106%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 191.9kcal (9.59%), Fat: 14.89g (22.91%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 11.98g (4.36%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 362.87mg (15.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin K: 25.75µg (24.52%), Phosphorus: 98.04mg (9.8%), Vitamin E: 1.23mg (8.22%), Fiber: 1.98g (7.91%), Magnesium: 22.5mg (5.62%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.07mg (3.42%), Zinc: 0.41mg (2.73%), Selenium: 1.91µg (2.72%), Calcium: 25.62mg (2.56%), Copper: 0.05mg (2.43%), Vitamin B3: 0.47mg (2.34%), Iron: 0.39mg (2.18%), Vitamin B1: 0.03mg (1.96%), Potassium: 58.51mg (1.67%), Vitamin B2: 0.02mg (1.2%)