



Praline Cinnamon Tortilla Chips



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 0.5 teaspoon chili powder
- ☐ 8 ounce flour tortillas cut into squares
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper black to taste
- ☐ 1 cup sugar white

Equipment

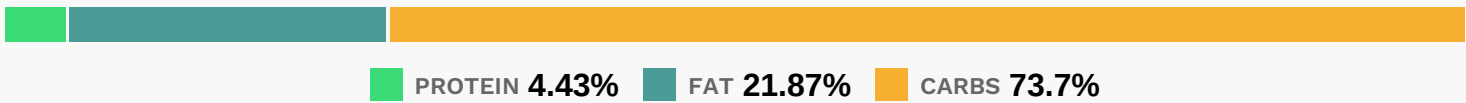
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Stir sugar, cinnamon, chili powder, and black pepper in a shallow bowl until thoroughly combined.
- ☐ Pour canola oil into a separate bowl.
- ☐ Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Dip tortilla squares into canola oil on both sides and press into the seasoned sugar mixture; arrange coated chips on baking sheets.
- ☐ Broil chips until sugar bubbles and chips are crisp, about 2 minutes; watch carefully to prevent burning. Turn the chips over and broil other sides until browned, another 2 minutes.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:35.27, Glycemic Load:43.77, Inflammation Score:-3, Nutrition Score:7.2273912649278%

Nutrients (% of daily need)

Calories: 417.6kcal (20.88%), Fat: 10.33g (15.9%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 78.38g (26.13%), Net Carbohydrates: 76.02g (27.64%), Sugar: 52.03g (57.81%), Cholesterol: 0mg (0%), Sodium: 421.97mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Manganese: 0.38mg (19.08%), Vitamin B1: 0.29mg (19.07%), Selenium: 13.01µg (18.59%), Folate: 53.41µg (13.35%), Vitamin B3: 2.54mg (12.71%), Iron: 2.17mg (12.08%), Phosphorus: 117.97mg (11.8%), Vitamin B2: 0.17mg (10.12%), Fiber: 2.35g (9.41%), Calcium: 89.39mg (8.94%), Vitamin K: 8.6µg (8.19%), Vitamin E: 1.09mg (7.25%), Copper: 0.07mg (3.37%), Magnesium: 13.25mg (3.31%), Potassium: 79.73mg (2.28%), Zinc: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.98%), Vitamin A: 75.94IU (1.52%)