



Ruffled Paper Baskets

 Dairy Free

READY IN



150 min.

SERVINGS



1

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 serving you will also need: parchment paper thick
- ☐ 7 inches tortilla bowls from 1 package old el flour tortilla bowls
- ☐ 1 serving from 1 bottle old el mild taco sauce
- ☐ 1 serving tortilla chips

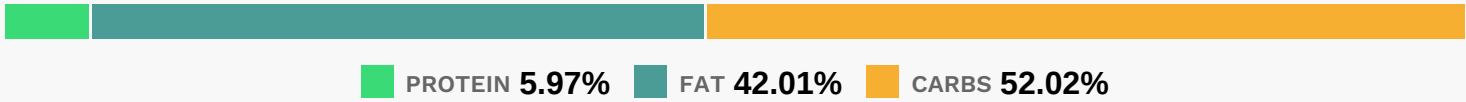
Equipment

- ☐ baking pan

Directions

- ☐ Cut art paper into 12-inch circles (circles should be about 2 inches wider than diameter of baking pan used).
- ☐ Fill spray bottle with water. Lightly spray paper with water.
- ☐ Place paper in baking pan, pressing into ridges.
- ☐ Let stand until completely dry, about 2 hours.
- ☐ Fill baskets with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.2030434564728%

Nutrients (% of daily need)

Calories: 228.54kcal (11.43%), Fat: 10.7g (16.46%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.84g (10.12%), Sugar: 0.22g (0.24%), Cholesterol: 0.09mg (0.03%), Sodium: 164.25mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Iron: 3.13mg (17.39%), Fiber: 1.97g (7.9%), Vitamin E: 0.99mg (6.59%), Phosphorus: 63.91mg (6.39%), Magnesium: 23.98mg (5.99%), Vitamin K: 5.85µg (5.57%), Vitamin B5: 0.33mg (3.32%), Calcium: 30.38mg (3.04%), Vitamin B1: 0.04mg (2.96%), Zinc: 0.4mg (2.64%), Vitamin B6: 0.05mg (2.52%), Selenium: 1.51µg (2.16%), Potassium: 52.65mg (1.5%), Vitamin B3: 0.29mg (1.45%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.38%), Folate: 4.22µg (1.05%)