



Seeded Tortilla Triangles



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large water with 2 tablespoons cold water and 1 teaspoon salt beaten
- ☐ 0.3 cup flaxseeds
- ☐ 4 12-inch flour tortilla ()
- ☐ 0.3 cup poppy seeds
- ☐ 0.3 cup sesame seed

Equipment

- ☐ baking sheet
- ☐ oven

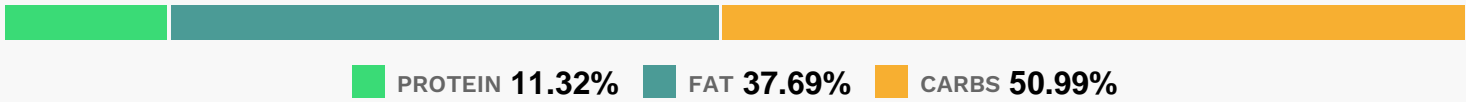
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 knife

Directions

- ☐ Preheat oven to 350°F.
- ☐ Stir together flax, sesame, and poppy seeds.
- ☐ Put 1 tortilla on each of 2 baking sheets and brush with some egg mixture.
- ☐ Sprinkle with seeds to coat, then cut each tortilla into long thin triangles with a sharp knife.
- ☐ Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until crisp and lightly golden, 15 to 20 minutes total.
- ☐ Transfer triangles to racks to cool. Repeat with remaining 2 tortillas.
- ☐ ·Triangles may be made 1 day ahead and kept in an airtight container at room temperature. If triangles lose crispness, re-crisp in a 350°F oven about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:2.8708695654312%

Nutrients (% of daily need)

Calories: 61.43kcal (3.07%), Fat: 2.6g (4%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.77g (2.46%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 105.64mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Manganese: 0.18mg (9.21%), Vitamin B1: 0.11mg (7.28%), Selenium: 4.02µg (5.74%), Phosphorus: 51.95mg (5.19%), Calcium: 46.83mg (4.68%), Iron: 0.84mg (4.66%), Fiber: 1.15g (4.59%), Copper: 0.09mg (4.57%), Folate: 16.31µg (4.08%), Magnesium: 15.11mg (3.78%), Vitamin B3: 0.73mg (3.65%), Vitamin B2: 0.05mg (2.7%), Zinc: 0.29mg (1.9%), Vitamin B6: 0.03mg (1.29%), Potassium: 39.58mg (1.13%), Vitamin K: 1.08µg (1.03%)