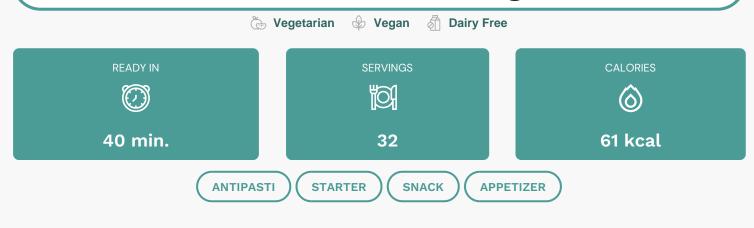


Seeded Tortilla Triangles



Ingredients

1 large water with 2 tablespoons cold water and 1 teaspoon salt beate
O.3 cup flaxseeds
4 12-inch flour tortilla ()
O.3 cup poppy seeds
0.3 cup sesame seed

Equipment

baking sheet
oven

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		
PROTEIN 11.32% FAT 37.69% CARBS 50.99%		

Properties

knife

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: Omg (0%), Sodium: 105.64mg (4.59%), Alcohol: Og (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%)