

Spicy Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon chili powder
- ☐ 1 8-inch flour tortilla ()
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cumin

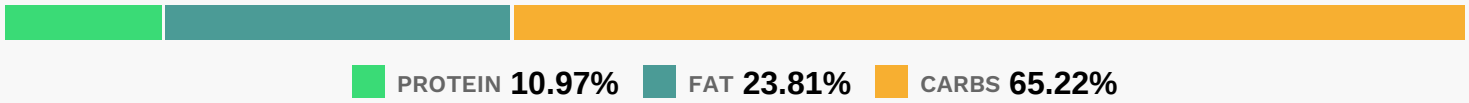
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐
- Preheat oven to 35
- ☐
- Cut tortilla into 8 wedges, and place on a baking sheet. Lightly coat wedges with cooking spray.
- ☐
- Combine garlic powder, cumin, and chili powder; sprinkle evenly over wedges.
- ☐
- Bake at 350 for 12 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.99, Inflammation Score:-1, Nutrition Score:2.9752173859464%

Nutrients (% of daily need)

Calories: 79.47kcal (3.97%), Fat: 2.08g (3.21%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 11.88g (4.32%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 190.05mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin B1: 0.13mg (8.68%), Selenium: 5.76µg (8.23%), Manganese: 0.13mg (6.7%), Folate: 24.11µg (6.03%), Iron: 1.04mg (5.78%), Vitamin B3: 1.15mg (5.74%), Phosphorus: 54.31mg (5.43%), Vitamin B2: 0.07mg (4.34%), Calcium: 38.95mg (3.9%), Fiber: 0.97g (3.86%), Vitamin K: 1.98µg (1.88%), Magnesium: 6.4mg (1.6%), Copper: 0.03mg (1.49%), Potassium: 38.78mg (1.11%), Vitamin B6: 0.02mg (1.07%), Zinc: 0.15mg (1.01%)