



Spicy Tortilla Chips

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon chili powder
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

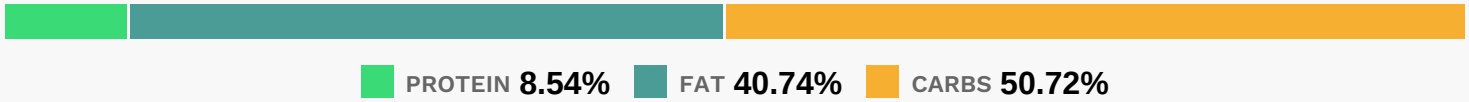
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Stir together butter and chili powder; brush on one side of tortillas.
- ☐ Cut each into 12 wedges.
- ☐ Place in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake uncovered 8 to 10 minutes or until crisp and golden brown; cool. (Tortillas will continue to crisp as they cool.)

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:3.4278260497781%

Nutrients (% of daily need)

Calories: 114.44kcal (5.72%), Fat: 5.16g (7.93%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.39g (4.87%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 248.92mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin B1: 0.15mg (9.79%), Selenium: 6.51µg (9.29%), Manganese: 0.15mg (7.28%), Folate: 27.38µg (6.85%), Vitamin B3: 1.3mg (6.5%), Phosphorus: 61.04mg (6.1%), Iron: 1.08mg (5.98%), Vitamin B2: 0.08mg (4.97%), Calcium: 43.89mg (4.39%), Fiber: 1.06g (4.24%), Vitamin A: 162.26IU (3.25%), Vitamin K: 2.22µg (2.12%), Magnesium: 6.68mg (1.67%), Copper: 0.03mg (1.57%), Potassium: 40.23mg (1.15%), Zinc: 0.16mg (1.06%), Vitamin E: 0.16mg (1.04%)