



Triangular Delights



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dill weed dried
- ☐ 2 10-inch flour tortillas ()
- ☐ 1.5 teaspoons garlic powder
- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon paprika

Equipment

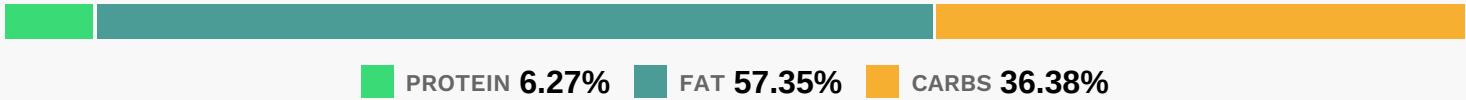
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen scissors
- ☐ pizza cutter

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl, stir together the dill, garlic powder, oregano, paprika and olive oil.
- ☐ Brush onto one side of each tortilla. Use a pizza cutter, knife, or even scissors to cut the tortillas into wedges.
- ☐ Place the wedges on a baking sheet.
- ☐ Bake in the preheated oven until lightly toasted, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:5.51, Inflammation Score:-7, Nutrition Score:5.9199999415356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 207.88kcal (10.39%), Fat: 13.39g (20.59%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.32g (6.3%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 260.32mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin K: 13.61µg (12.96%), Manganese: 0.25mg (12.65%), Vitamin B1: 0.19mg (12.39%), Selenium: 8.12µg (11.59%), Iron: 2.06mg (11.45%), Vitamin E: 1.69mg (11.29%), Folate: 35.27µg (8.82%), Phosphorus: 82.33mg (8.23%), Vitamin B3: 1.62mg (8.12%), Calcium: 77.74mg (7.77%), Fiber: 1.79g (7.16%), Vitamin B2: 0.11mg (6.35%), Magnesium: 14.2mg (3.55%), Vitamin B6: 0.06mg (3.13%), Potassium: 94.39mg (2.7%), Copper: 0.05mg (2.59%), Vitamin A: 118.2IU (2.36%), Zinc: 0.27mg (1.8%)