

Baked Tortilla Chips

Ingredients:

8 whole wheat tortillas
Cooking spray
¼ teaspoon salt

Instructions:

1. Preheat oven to 400 degrees Fahrenheit. Spray a baking sheet with cooking spray.
2. Cut each tortilla into 8 equal wedges with a knife or pizza cutter.
3. Spread the tortilla wedges evenly in a single layer. Spray them with cooking spray. Sprinkle with salt.
4. Bake for 6-8 minutes. Rotate the pan halfway through. The chips should be crisp and start to turn light golden brown when done.
5. Let rest for about 5 minutes.

Serves: 8

Source: The Baker Mama

Prep Time: 5 minutes

Cook time: 6-8 minutes

Nutrition Facts

8 servings per container

Serving size 8 chips

Amount per serving

Calories 140

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 21g 8%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 1mg 6%

Potassium 118mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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