Almost Guilt-Free Chips

Fresh baked corn tortillas have the best flavor of all!

8   corn tortillas
       olive oil cooking spray
       cumin, paprika, red pepper, or garlic salt

Cut corn tortillas into wedges. Mist with olive oil spray. Sprinkle with the seasoning of your choice. Bake at 400 degrees F. until crisp. Enjoy with your favorite salsa, soup or snack.

Servings: 8

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

cumin, paprika, red pepper, or garlic salt

Amount Per Serving		
Calories		58.74
Calories From Fat (20%)		11.78
		% Daily Value
Total Fat 1.34g		2%
Saturated Fat 0.19g		1%
Cholesterol 0.00mg		0%
Sodium 10.80mg		0%
Potassium 44.64mg		1%
Carbohydrates 10.71g		4%
Dietary Fiber 1.51g		6%
Sugar 0.21g		
Sugar Alcohols 0.00g		
Net Carbohydrates 9.20g		
Protein 1.37g		3%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
8 corn tortillas	8 x 1 tortilla of Tortillas, ready-to-bake or -fry, corn
olive oil cooking spray	8 x 1 second spray of Cooking spray, vegetable oil
cumin, paprika, red pepper, or garlic salt	Not linked

Cooking Tips

Another version of almost guilt-free chips: Cut each tortilla into 8 wedges; combine with 2 teaspoons fresh lime juice and 1/4 teaspoon kosher salt in a large bowl, tossing to coat. Arrange the tortillas in a single layer on a baking sheet coated with cooking spray. Bake at 425 degrees F. for 10 minutes or until crisp and lightly browned, turning once. Cool 5 minutes. Serve with guacamole or salsa.

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