



Baked Tortilla Chips

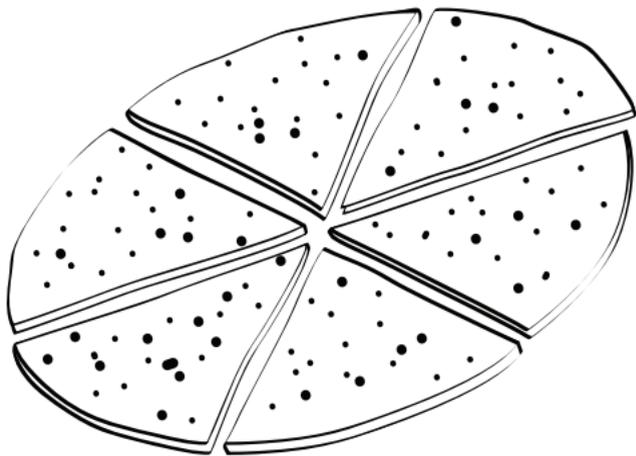
Servings: 4

8 small corn or whole-wheat flour tortillas

Nonstick cooking spray

Garlic salt or other spices

1. Preheat oven to 450 degrees F.
2. Wash hands and surfaces.
3. Cut each tortilla into 6 wedges.
Lay wedges on a cookie sheet that has been sprayed with cooking spray.
Spray tops of tortillas lightly.
4. Sprinkle with garlic salt, cinnamon and sugar or other spices.
5. Bake 6 to 10 minutes or until golden brown.



Nutrition Facts

4 servings per container

Serving size 12 chips (48g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 1mg 6%

Potassium 89mg 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.

Helpful Tips

- Mix 1 tablespoon sugar with ½ teaspoon cinnamon for a cinnamon and sugar mix to put on baked flour tortillas. Great with fruit salsas.
- Serve baked tortilla chips with dips, salad or soup.
- These baked chips have about half the calories and 0 grams of saturated fat when compared to regular tortilla chips.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance