



Baked Tortilla Chips

Servings: 6

Serving Size: 4 chips

Ingredients:

3 (10-inch) corn or flour tortillas, whole wheat
Cooking oil spray
Salt

Directions:

1. Preheat oven or toaster to 400 degrees F.
2. Lightly grease a baking sheet with cooking spray.
3. Cut tortillas into 8 sections (as if cutting a pizza) and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
5. Bake for 10 minutes, until crisp and light brown, watching closely so chips do not turn brown.

Nutrition Facts

Serving Size 4 chips (13g)
Servings Per Container

Amount Per Serving

Calories 30 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

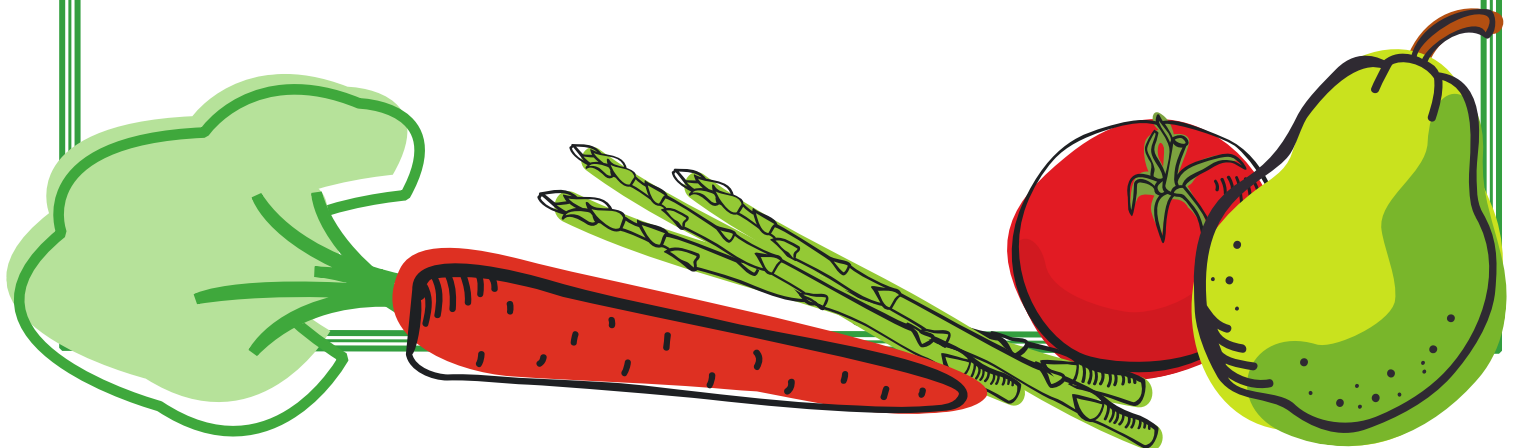
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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