



A Nutrition Resource



BAKED TORTILLA CHIPS

Yield: 6 Servings | Serving Size: 4 chips

Cost/Serving: \$0.22

Ingredients:

- Nonstick cooking spray
- 3 (10-inch) corn, whole whet flour, or white flour tortillas
- Salt

Directions:

- 1) Preheat oven or toaster oven to 400°F.
- 2) Collect all ingredients before starting to prepare the recipe.
- 3) Lightly spray a baking sheet with cooking spray.
- 4) Cut tortillas into 8 sections each (as if you were cutting a pizza) and place in a single layer on the baking sheet.
- 5) Spray tops of tortilla sections with cooking spray and lightly sprinkle with a small amount of salt.
- 6) Bake for 8 to 10 minutes or until crisp and light brown. Watch closely so the chips don't burn.
- 7) Cool for a few minutes after taking out of the oven before serving.
- 8) Store in an airtight container on the counter for 3 to 5 days.
- 9) Reheat in the oven.

Be Creative! Serve with Mango Salsa or Zesty Bean Dip or other salsas, dips, soups, or salads.

Nutrition Facts

6 servings per container	
Serving size	4 Chips (25g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 33mg	0%

*The % Daily Value (DV) 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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