

Homemade Tortilla Chips

Serves 4



Ingredients:

- 2 Tablespoons olive oil
- 8 corn tortillas, cut into 8 pieces each

Instructions:

1. Heat griddle or skillet to medium-high heat.
2. Using scissors, cut each tortilla into 8 wedges. Lightly brush oil on both sides of the tortilla wedges with a pastry brush and gently add one layer of tortilla wedges to the griddle. When the edges are a little darker in color and crispy on the edges, transfer them from the griddle to cutting boards lined with paper towels. The chips will continue to crisp as they cool. Continue adding new batches of oiled tortilla wedges to the skillet until they're all cooked. Serve warm.
3. Serve tortilla chips with a dip, such as Black Bean and Corn Salsa or Pico de Gallo. Enjoy!



Homemade Tortilla Chips

Serves 4



Homemade Tortilla Chips [IST]

Nutrition Facts

Serving Size 1 × 4 Serving

Amount Per Serving

Calories 164.3

% Daily Value*

Total Fat	8.1 g	10 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	21.7 mg	1 %
Total Carbohydrate	21.4 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	0.4 g	
Added Sugars	0 g	0 %
Protein	2.7 g	
Vitamin D	0 mcg	0 %
Calcium	38.9 mg	3 %
Iron	0.6 mg	3 %
Potassium	89.3 mg	2 %

* 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.

Full Info at cronometer.com

</>