

Homemade Tortilla Chips

Recipe recommended by ANISSA LEE
Nutrition Student @ University of Nottingham



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1171kj	14%
Energy (kcal)	278kcal	14%
Fat	6.5g	9%
<i>of which saturates</i>	1.6g	8%
Carbohydrate	46g	18%
<i>of which sugars</i>	4.3g	5%
Fibre	2.5g	10%
Protein	7.8g	16%
Salt	4.2g	70%

Generated by Nutritics v5.61 on 20/08/2022

INGREDIENTS: (Serves 6 - 171kcal per 62g serving)

360g Corn tortillas, cut into small triangular wedges
2 Teaspoon Sea salt

OPTIONAL EXTRAS:

-

METHOD:

1. Preheat the oven to 176°C.
2. Spread the tortilla wedges out on a baking sheet in a single layer.
3. Bake the tortilla wedges for about 6 minutes, then use tongs to turn the wedges over.
4. Sprinkle with a little salt, and bake for another 6 to 9 minutes, until they are just beginning to colour. Remove from the oven and let cool. Sprinkle with more salt to serve.
5. Serve with hummus or guacamole if desired!

ALLERGENS

MODIFY

Good alternative to processed crisps

CREDIT

Recipe by: ELISE BAUER
Photo by: ELISE BAUER