

Tortilla Chips

Number of Servings: About 10

Ingredient	Nutrients per serving
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10 each	6" – Whole wheat tortillas
2 each	Limes, juice only

Nutrition Facts	
Serving Size About 8 Chips (56g) Servings Per Container About 10	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 6%
*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	

Instructions

1. Preheat oven to 350 degrees F.
2. Cut each tortilla into 8 triangles.
3. Place triangles on cookie sheets and sprinkle fresh lime juice over top of tortilla triangles - just enough to drizzle down each one.
4. Bake for about 8-10 minutes (cooking time may vary depending on your oven) until slightly brown and crispy.
5. Using a spatula, place tortilla chips on racks until cool completely.

This recipe can be part of a well balanced food plan.

Recipe By: Amy Fanjoy MS, RD, LDN