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## Baked Tortilla Chips

### Ingredients:

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

*Makes 6 servings - 20% calories from fat*

### Instructions:

1. Preheat oven or toaster oven to 400 degrees F.
2. Lightly grease a baking sheet with the cooking spray.
3. Cut tortillas into 8 sections (as if you were 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 the chips don't burn.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 13g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 80%
Calcium 8%	• Iron 10%
*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	

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

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