

# Eat Smart • Move More

## Chips de Tortillas Caseras

Tiempo de Preparación: 5 minutos

Tiempo Total: 15 minutos



### Ingredientes

- Aerosol antiadherente para cocinar
- 2 tortillas integrales
- 1/8 cucharadita de sal

### Nutrition Facts

4 servings per container

**Serving size** 1 serving (20.19g)

**Amount per serving**  
**Calories** 50

**% Daily Value\***

**Total Fat** 2.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 8g 3%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes g Added Sugars

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

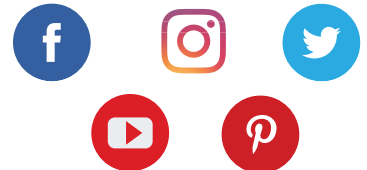
Potassium 0mg 0%

\*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.

### Consejos Rápidos

- ▶ Pruebe estos chip con nuestra Salsa Fresca o Salsa de Frijoles Negros y Elote.
- ▶ Para darle más sabor, sazone las tortillas con comino o chile en polvo o rocíela con jugo de limón.
- ▶ ¿No tiene disponible aerosol antiadherente para cocinar? Use aceite de canola o de oliva en lugar de aerosol antiadherente para cocinar.

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### Preparación

- Calentar el horno a 350°F.
- Engrasar ligeramente una bandeja para hornear con aerosol antiadherente para cocinar.
- Cortar las tortillas en 8 secciones y colóquelas sobre la bandeja para hornear.
- Rocíar la parte superior de las tortillas con aerosol antiadherente para cocinar y un poco de sal, si lo desea.
- Hornear por 10 minutos, hasta que estén crujientes y doradas. Prestar mucha atención para asegurarse de que las tortillas no se quemen.

(Receta de: <https://www.choosemyplate.gov>.)

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