

CINNAMON CHIPS (page 1)

STEP	INGREDIENTS	PROCEDURES
	4 tortilla shells	Preheat oven 350°.
1		
	Pizza cutter	Mix sugar and cinnamon
	© ongo	together in a bowl.
	1/4 cup sugar	
	1 teaspoon cinnamon	
	cinnanu	Place shell on baking sheet.
		Using your fingers, wet shells with water. Sprinkle with
	Bowl (to mix	cinnamon sugar mixture.
	cinnamon sugar)	
	Spoon	
	Baking sheet	Cut shells into 8 pieces.
	Bowl of water	
	Oven	Bake at 350° for 10 minutes.
	Timer	

Nutrition F	acts	
4 servings per container Serving size	8 strips	
Amount per serving Calories	200	
%	Daily Value*	
Total Fat 3.5g	4%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 440mg	19%	
Total Carbohydrate 38g	14%	
Dietary Fiber 0g	0%	
Total Sugars 14g	_	
Includes 13g Added Suga	rs 26 %	
Protein 4g		
Vitamin D 0mcg	0%	
Calcium 7mg	0%	
Iron 0mg	0%	
Potassium 3mg	0%	
*The % Daily Value 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.		