

AIR FRYER TORTILLA CHIPS

INGREDIENTS

- 6 small tortillas corn or flour
- Olive oil cooking spray
- Coarse salt

DIRECTIONS

1. Slice your tortillas into 6-8 equal pieces, like a pizza.
2. Lightly spray with cooking spray and sprinkle with coarse salt. Line in the air fryer basket, making sure to not overlap.
3. Cook at 350 for 3 minutes, open the basket, flip the chips, spray with cooking spray & add more salt (if desired), and cook for another 2-3 minutes or until browned and crisp.
4. Remove from basket and let cool to finish crisping.

NUTRITION INFORMATION

Serving: 1 chip | Calories: 15 | Carbohydrates: 3g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 34mg | Potassium: 8mg | Fiber: 1g | Sugar: 1g | Calcium: 5mg | Iron: 1mg