

Crispy Baked Taco Shells

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/taco-shells-indian-recipe>

Ingredients:

- 8 corn tortillas 6 inch
- canola oil cooking spray
- 1/4 teaspoon salt

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 22 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 170 milligrams

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