



## Avocado-Mango Salsa with Roasted Corn Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 cups avocado peeled chopped
- 12 6-inch corn tortillas cut into 6 wedges ()
- 1 tablespoon cilantro leaves fresh finely chopped
- 0.3 teaspoon kosher salt divided
- 4 teaspoons juice of lime fresh
- 1 cup mangos peeled chopped

### Equipment

baking sheet

oven

## Directions

Preheat oven to 425

Arrange tortilla wedges in a single layer on baking sheets coated with cooking spray. Coat wedges with cooking spray; sprinkle 1/8 teaspoon salt evenly over wedges.

Bake at 425 for 8 minutes or until crisp.

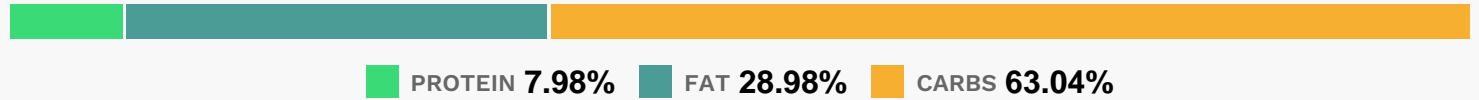
Combine remaining 1/8 teaspoon salt, avocado, mango, chopped cilantro, and juice, tossing gently.

Garnish with cilantro sprigs, if desired.

Let stand 10 minutes.

Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:14.52, Glycemic Load:6.1, Inflammation Score:-3, Nutrition Score:4.0647825883782%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 90.35kcal (4.52%), Fat: 3.09g (4.76%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.22g (4.44%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 61.43mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Fiber: 2.91g (11.65%), Phosphorus: 91.94mg (9.19%), Vitamin C: 7.08mg (8.58%), Magnesium: 24.77mg (6.19%), Manganese: 0.12mg (5.81%), Vitamin B6: 0.11mg (5.71%), Folate:

20.06µg (5.01%), Copper: 0.09mg (4.28%), Potassium: 149.37mg (4.27%), Vitamin K: 3.97µg (3.78%), Vitamin B3: 0.76mg (3.78%), Vitamin E: 0.52mg (3.5%), Vitamin A: 175.19IU (3.5%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.27mg (2.75%), Vitamin B1: 0.04mg (2.61%), Vitamin B2: 0.04mg (2.51%), Selenium: 1.73µg (2.48%), Calcium: 24.73mg (2.47%), Iron: 0.43mg (2.39%)