



Cinnamon-Sugar Tortilla Crisps with Pineapple Salsa

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



221 kcal

DESSERT

Ingredients

- 20 oz pineapple packed in juice, drained crushed canned
- 0.3 teaspoon cinnamon
- 2 10-inch flour tortilla cut into 16 triangles
- 2 tablespoons mint leaves fresh finely chopped
- 2 tablespoons juice of lime
- 3 tablespoons sugar
- 4 tablespoons butter unsalted cut into 8 pieces

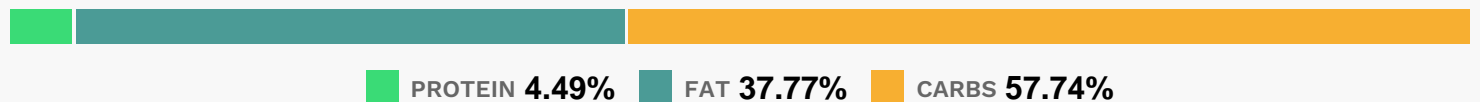
Equipment

- bowl
- baking sheet
- paper towels
- oven
- aluminum foil

Directions

- Preheat oven to 500F. Line a rimmed baking sheet with foil and a second baking sheet with paper towels. In a small bowl, combine pineapple, lime juice, mint and 1 Tbsp. sugar. In another small bowl, stir together cinnamon and remaining sugar.
- Put butter on baking sheet and place in oven for about 1 minute to melt.
- Place tortilla pieces on baking sheet; turn to coat with butter.
- Sprinkle with cinnamon sugar.
- Bake until golden, 3 to 5 minutes.
- Transfer chips to paper towel-lined sheet; let cool slightly before serving with salsa on the side.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:7.83, Inflammation Score:-4, Nutrition Score:5.5078260613524%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 220.74kcal (11.04%), Fat: 9.58g (14.74%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 30.71g (11.17%), Sugar: 20.42g (22.69%), Cholesterol: 20.07mg (6.69%), Sodium: 174.39mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin B1: 0.22mg (14.46%), Vitamin C: 10.92mg (13.23%), Fiber: 2.24g (8.97%), Selenium: 5.72µg (8.17%), Manganese: 0.15mg (7.55%), Folate: 29.34µg (7.34%), Vitamin A: 354.04IU (7.08%), Iron: 1.21mg (6.74%), Copper: 0.13mg (6.72%), Vitamin B3: 1.34mg (6.7%), Phosphorus: 58.89mg (5.89%), Calcium: 57.07mg (5.71%), Vitamin B2: 0.1mg (5.6%), Magnesium: 21.28mg (5.32%), Potassium: 164.4mg (4.7%), Vitamin B6: 0.09mg (4.46%), Vitamin K: 3.05µg (2.91%), Zinc: 0.25mg (1.67%), Vitamin E: 0.25mg (1.66%)