



WHATSheATE



Fresh Fruit Salsa with Cinnamon Crisps



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple jelly
- ☐ 2 tablespoons brown sugar packed
- ☐ 4 8-inch flour tortilla for burritos, (from 11.5-oz package)
- ☐ 2 cups apples i use 2 granny smith apples cored peeled finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 small cranberry-orange relish
- ☐ 0.7 cup peaches pitted peeled finely chopped
- ☐ 0.5 cup strawberries fresh finely chopped

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

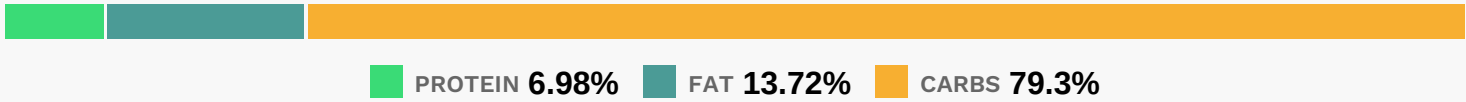
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 400F. Spray cookie sheet with cooking spray. In small bowl, mix sugar and cinnamon.
- ☐ Lightly brush both sides of each tortilla with water. Lightly sprinkle about 1/2 teaspoon sugar-cinnamon mixture over each side of each tortilla.
- ☐ Cut each tortilla into 8 wedges; place on cookie sheet.
- ☐ Bake 6 to 8 minutes or until light golden brown.
- ☐ Remove from cookie sheet; place on wire rack. Cool completely, about 10 minutes.
- ☐ Meanwhile, grate peel from orange; squeeze orange to make about 1/4 cup juice. In medium bowl, mix orange peel, orange juice and remaining salsa ingredients.
- ☐ If desired, garnish salsa with strawberry fan.
- ☐ Serve salsa with cinnamon crisps.

Nutrition Facts



Properties

Glycemic Index:19.93, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:2.4865217157032%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg,

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Nutrients (% of daily need)

Calories: 69.79kcal (3.49%), Fat: 1.09g (1.67%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.94g (4.7%), Sugar: 6.83g (7.59%), Cholesterol: 0mg (0%), Sodium: 96.16mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin C: 7.04mg (8.54%), Manganese: 0.1mg (5.21%), Vitamin B1: 0.08mg (5%), Fiber: 1.21g (4.85%), Selenium: 3.1µg (4.43%), Folate: 16.01µg (4%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 31.89mg (3.19%), Iron: 0.56mg (3.09%), Vitamin B2: 0.05mg (2.79%), Calcium: 25.34mg (2.53%), Potassium: 62.43mg (1.78%), Copper: 0.03mg (1.55%), Vitamin K: 1.57µg (1.5%), Magnesium: 5.57mg (1.39%), Vitamin B6: 0.02mg (1.12%)