



Fruit Salsa and Cinnamon Chips



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



344 kcal

SIDE DISH

Ingredients



10 10-inch flour tortillas



3 tablespoons fruit preserves



2 teaspoons ground cinnamon



2 kiwis diced peeled



1 cup splenda® no calorie sweetener



8 ounces raspberries



2 golden delicious apples diced cored peeled



0.5 tablespoon splenda® brown sugar blend

☐ 1 pound strawberries

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, SPLENDA® Granulated Sweetener, SPLENDA® Brown Sugar Blend and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Coat one side of each flour tortilla with butter flavored cooking spray.
- ☐ Cut into wedges and arrange in a single layer on a large baking sheet.
- ☐ Sprinkle wedges with desired amount of cinnamon mixture. Spray again with cooking spray.
- ☐ Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes.
- ☐ Serve with chilled fruit.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:23.78, Inflammation Score:-5, Nutrition Score:14.240000040635%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 11.49mg, Pelargonidin: 11.49mg, Pelargonidin: 11.49mg, Pelargonidin: 11.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epicatechin 3-gallate:

0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg
Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg,
Epigallocatechin 3–gallate: 0.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg
Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.48mg, Kaempferol: 0.48mg,
Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 343.71kcal (17.19%), Fat: 6.03g (9.27%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 68.15g (22.72%),
Net Carbohydrates: 61.61g (22.4%), Sugar: 28.41g (31.56%), Cholesterol: 0mg (0%), Sodium: 517.42mg (22.5%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin C: 48mg (58.18%), Manganese: 0.77mg
(38.72%), Fiber: 6.53g (26.14%), Vitamin B1: 0.38mg (25.46%), Selenium: 15.89µg (22.69%), Folate: 87.39µg (21.85%),
Vitamin B3: 3.53mg (17.64%), Phosphorus: 172.64mg (17.26%), Iron: 3.02mg (16.77%), Vitamin K: 16.27µg (15.5%),
Vitamin B2: 0.23mg (13.6%), Calcium: 127.91mg (12.79%), Magnesium: 31.48mg (7.87%), Potassium: 272.6mg
(7.79%), Copper: 0.15mg (7.69%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.64mg (4.27%), Zinc: 0.58mg (3.87%),
Vitamin B5: 0.3mg (3.05%), Vitamin A: 62.99IU (1.26%)