



## Fruit Salsa with Cinnamon Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoons cinnamon
- ☐ 10 10-inch flour tortilla sliced into wedges ()
- ☐ 2 kiwi fruit diced peeled
- ☐ 0.5 pound raspberries
- ☐ 2 delicious apples diced cored peeled
- ☐ 16 oz strawberries diced hulled
- ☐ 3 tablespoons strawberry jam

☐ 1 cup sugar divided

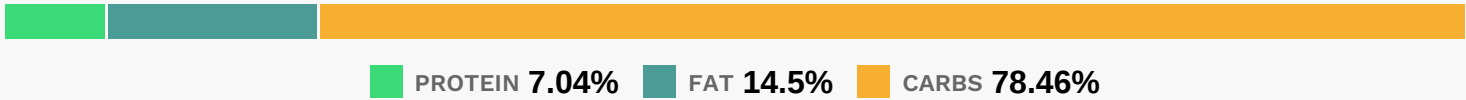
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Combine all fruit in a large bowl; mix in 2 tablespoons sugar, brown sugar and strawberry preserves. Cover and chill at least 15 minutes.
- ☐ Mix together remaining one cup sugar and cinnamon. Arrange tortilla wedges in a single layer on an ungreased baking sheet; coat chips with butter-flavored vegetable spray.
- ☐ Sprinkle with desired amount of cinnamon-sugar.
- ☐ Bake at 350 for 8 to 10 minutes. Repeat with remaining tortilla wedges; cool 15 minutes.
- ☐ Serve chips with chilled fruit mixture.

## Nutrition Facts



## Properties

Glycemic Index:20.98, Glycemic Load:20.58, Inflammation Score:-4, Nutrition Score:9.7113042370133%

## Flavonoids

Cyanidin: 7.81mg, Cyanidin: 7.81mg, Cyanidin: 7.81mg, Cyanidin: 7.81mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 7.66mg, Pelargonidin: 7.66mg, Pelargonidin: 7.66mg, Pelargonidin: 7.66mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.81kcal (12.34%), Fat: 4.06g (6.25%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 44.98g (16.36%), Sugar: 23.53g (26.14%), Cholesterol: 0mg (0%), Sodium: 346.46mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin C: 32.29mg (39.14%), Manganese: 0.56mg (28.24%), Fiber: 4.49g (17.98%), Vitamin B1: 0.25mg (17%), Selenium: 10.77µg (15.38%), Folate: 58.66µg (14.67%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 115.7mg (11.57%), Iron: 2.06mg (11.43%), Vitamin K: 10.79µg (10.28%), Vitamin B2: 0.16mg (9.36%), Calcium: 89.4mg (8.94%), Copper: 0.11mg (5.33%), Magnesium: 21.23mg (5.31%), Potassium: 184.13mg (5.26%), Vitamin B6: 0.07mg (3.47%), Vitamin E: 0.44mg (2.92%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.2mg (2.05%)