



## Fruit Salsa with Cinnamon Crisps

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 large banana chopped
- 28 2-inch flour tortillas
- 1.3 teaspoons ground cinnamon divided
- 0.3 teaspoon ground nutmeg
- 1 kiwifruit peeled chopped
- 0.3 cup juice of lemon fresh
- 1 delicious apple red chopped
- 1 pint strawberries fresh chopped

- 0.3 cup sugar
- 2 tablespoons sugar

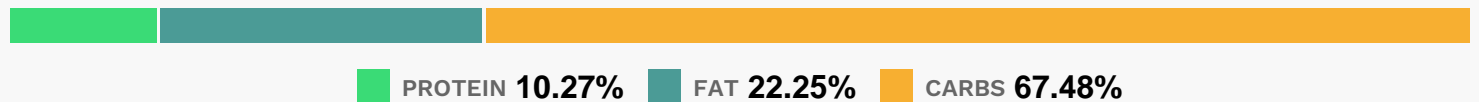
## Equipment

- baking sheet
- oven

## Directions

- Combine first 4 ingredients. Stir together lemon juice, 1/4 cup sugar, nutmeg, and 1/2 teaspoon cinnamon; toss with fruit. Chill.
- Cut each tortilla into eighths. Arrange pieces on baking sheets. Lightly coat with cooking spray.
- Combine remaining 3/4 teaspoon cinnamon and 2 tablespoons sugar.
- Sprinkle over tortilla chips.
- Bake at 350 for 6 to 8 minutes or until lightly browned.
- Serve with fruit salsa.

## Nutrition Facts



## Properties

Glycemic Index:107.16, Glycemic Load:146.91, Inflammation Score:-10, Nutrition Score:60.69347836142%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 2623.63kcal (131.18%), Fat: 64.55g (99.31%), Saturated Fat: 23.42g (146.36%), Carbohydrates: 440.56g (146.85%), Net Carbohydrates: 407.2g (148.07%), Sugar: 65.21g (72.46%), Cholesterol: 0mg (0%), Sodium: 5876.82mg (255.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.04g (134.09%), Vitamin B1: 4.07mg (271.4%), Selenium: 178.96µg (255.66%), Manganese: 4.64mg (232.21%), Folate: 795.77µg (198.94%), Vitamin B3: 36.1mg (180.52%), Phosphorus: 1694.38mg (169.44%), Iron: 29.73mg (165.15%), Vitamin B2: 2.32mg (136.76%), Fiber: 33.36g (133.43%), Calcium: 1203.99mg (120.4%), Vitamin C: 97.53mg (118.22%), Vitamin K: 70.59µg (67.23%), Magnesium: 207.55mg (51.89%), Copper: 0.96mg (48.16%), Potassium: 1413.15mg (40.38%), Vitamin B6: 0.69mg (34.6%), Zinc: 4.52mg (30.13%), Vitamin B5: 1.66mg (16.62%), Vitamin E: 0.79mg (5.28%), Vitamin A: 83.2IU (1.66%)