



# Gingered Fruit Salsa with Crispy Cinnamon Chips

 Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon sugar
- 2 teaspoons ground cinnamon
- 11 oz flour tortilla for burritos (8 count)
- 3 tablespoons butter melted
- 1 cup pineapple diced finely
- 1 cup papaya diced finely
- 1 cup mangos diced finely

- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon candied ginger finely chopped
- 1 tablespoon juice of lemon
- 0.1 teaspoon salt

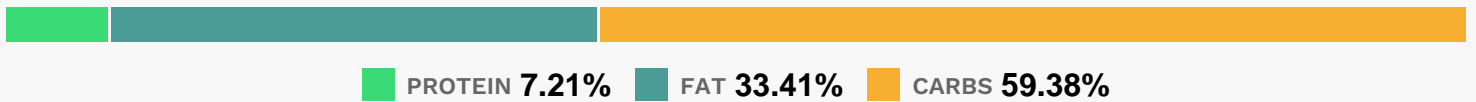
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Set oven control to broil.
- Mix sugar and cinnamon.
- Brush both sides of each tortilla with butter; sprinkle with sugar-cinnamon mixture.
- Cut each tortilla into 12 wedges.
- Place tortilla wedges in single layer in 2 ungreased 15x10x1-inch pans or on 2 cookie sheets. Broil 2 to 4 minutes, turning once, until crispy and golden brown. Cool completely, about 15 minutes.
- In medium bowl, mix remaining ingredients.
- Serve salsa with chips.

## Nutrition Facts



## Properties

Glycemic Index:12.93, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:2.857826076043%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

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

Calories: 66.26kcal (3.31%), Fat: 2.5g (3.85%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.15g (3.33%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 125.02mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 9.64mg (11.68%), Manganese: 0.16mg (8.23%), Vitamin B1: 0.07mg (4.97%), Folate: 18.82µg (4.71%), Selenium: 2.99µg (4.27%), Vitamin A: 208.16IU (4.16%), Fiber: 0.86g (3.42%), Vitamin B3: 0.68mg (3.4%), Iron: 0.53mg (2.97%), Phosphorus: 29.5mg (2.95%), Vitamin B2: 0.04mg (2.6%), Calcium: 24.14mg (2.41%), Vitamin K: 1.99µg (1.9%), Copper: 0.03mg (1.62%), Magnesium: 5.83mg (1.46%), Potassium: 48.88mg (1.4%), Vitamin B6: 0.03mg (1.34%)