



Gingered Fruit Salsa with Crispy Cinnamon Chips

 Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 4 8-inch flour tortilla for burritos (; from 11-oz package)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mangos diced finely

- ☐ 1 cup papaya diced finely
- ☐ 1 cup pineapple diced finely
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

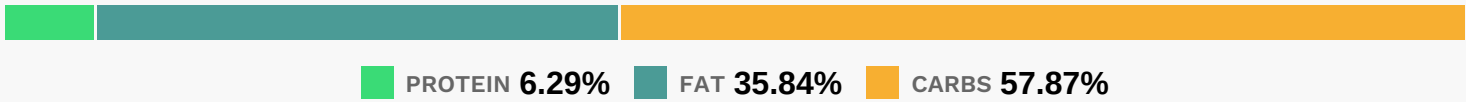
Equipment

- ☐ 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:2.94, Inflammation Score:-2, Nutrition Score:2.3678260937171%

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: 52.51kcal (2.63%), Fat: 2.14g (3.3%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.09g (2.58%), Sugar: 3.23g (3.58%), Cholesterol: 0mg (0%), Sodium: 91.95mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin C: 9.64mg (11.68%), Manganese: 0.14mg (7.12%), Vitamin A: 208.16IU (4.16%), Folate: 14.6µg (3.65%), Vitamin B1: 0.05mg (3.46%), Selenium: 1.99µg (2.84%), Fiber: 0.7g (2.79%), Vitamin B3: 0.48mg (2.41%), Iron: 0.37mg (2.07%), Phosphorus: 20.25mg (2.02%), Vitamin B2: 0.03mg (1.85%), Calcium: 17.58mg (1.76%), Vitamin K: 1.67µg (1.59%), Copper: 0.03mg (1.39%), Potassium: 43.26mg (1.24%), Magnesium: 4.84mg (1.21%), Vitamin B6: 0.02mg (1.2%)