



Homemade Salsa and Tortilla Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 3 tablespoons freshly cilantro leaves chopped
- ☐ 8 corn tortillas
- ☐ 1 clove garlic smashed
- ☐ 1 jalapeño diced seeded finely
- ☐ 1 juice of lime juiced
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings vegetable oil; peanut oil preferred for frying

- ☐ 1 onion diced red finely
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound tomatoes diced

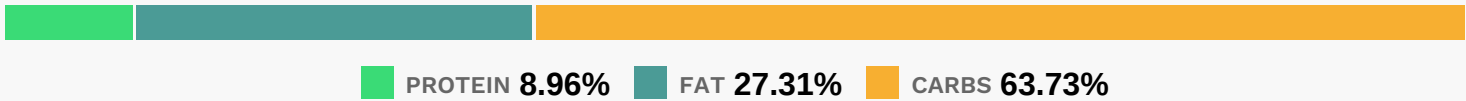
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Add all salsa ingredients to a bowl and toss.
- ☐ Preheat peanut oil in a deep-fryer to 350 degrees F.
- ☐ Mix the salt and chipotle powder together in a small bowl.
- ☐ Arrange the corn tortillas in a stack and cut into 6 equal wedges. Drop into the oil, in batches, and fry until crisp and golden.
- ☐ Remove from the fryer to a paper towel lined sheet tray.
- ☐ Sprinkle the chips immediately with the seasoned salt and serve with the salsa.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:7.94, Inflammation Score:-6, Nutrition Score:6.7856521502785%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 124.71kcal (6.24%), Fat: 4g (6.15%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 17.42g (6.33%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 798.37mg (34.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin C: 16.19mg (19.63%), Vitamin A: 721.96IU (14.44%), Fiber: 3.59g (14.35%), Phosphorus: 135.14mg (13.51%), Manganese: 0.25mg (12.64%), Magnesium: 36.48mg (9.12%), Vitamin B6: 0.18mg (9.02%), Potassium: 289.84mg (8.28%), Vitamin E: 1.11mg (7.42%), Vitamin K: 7.5µg (7.14%), Copper: 0.11mg (5.66%), Vitamin B3: 1.05mg (5.27%), Vitamin B1: 0.07mg (4.86%), Folate: 17.89µg (4.47%), Calcium: 43.35mg (4.33%), Zinc: 0.64mg (4.26%), Iron: 0.74mg (4.1%), Selenium: 2.33µg (3.33%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.15mg (1.48%)