



Homemade tortilla chips with guacamole & charred tomato salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

Ingredients

- ☐ 12 corn tortillas
- ☐ 3 tbsp vegetable oil
- ☐ 3 large avocado ripe
- ☐ 2 juice of lime
- ☐ 0.5 small onion diced red finely
- ☐ 1 small handful cilantro leaves chopped
- ☐ 2 to 2 chillies slit green deseeded finely chopped

- ☐ 2 tsp chipotle paste
- ☐ 6 plum tomatoes halved
- ☐ 2 jalapeno green
- ☐ 8 garlic clove unpeeled
- ☐ 0.5 onion diced red finely
- ☐ 2 tbsp cilantro leaves roughly chopped
- ☐ 1 juice of lime
- ☐ 1 tbsp chipotle paste

Equipment

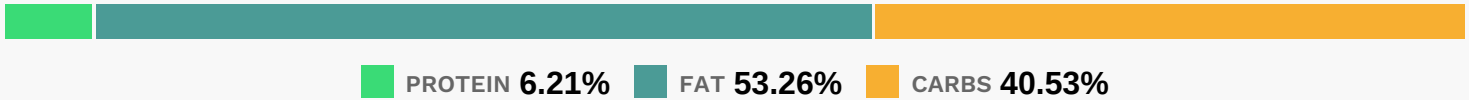
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ grill
- ☐ ziploc bags
- ☐ kitchen scissors

Directions

- ☐ To make the tortillas, heat oven to 200C/180C fan/gas
- ☐ Brush both sides of the tortillas with the oil, then cut into triangles with scissors. Arrange in a single layer on 1 or 2 baking sheets and bake for 7–8 mins.
- ☐ Remove, sprinkle with salt and set aside.
- ☐ To make the guacamole, halve and stone the avocados, then spoon the flesh into a bowl.
- ☐ Pour over the lime juice and a sprinkle of salt, then crush with a potato masher until pured but still chunky.
- ☐ Add onion, coriander, chillies and chipotle paste. Stir through and set aside until needed.

- ☐
- For the salsa, place the tomatoes, cut-side up, in a shallow baking tray. Season, and place under the grill until blackened, about 15 mins. Meanwhile, in a dry non-stick frying pan, blacken the chillies and garlic. Keep turning to darken on all sides, about 10 mins. When done, peel the garlic and place in a food processor.
- ☐
- Place the chillies in a plastic bag to steam for a few mins, then peel, deseed and stem.
- ☐
- Add the flesh to the food processor along with the tomatoes, onion, coriander, lime juice and chipotle paste. Season and pulse until chunky.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:18.35, Inflammation Score:-9, Nutrition Score:26.747391410496%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 552.09kcal (27.6%), Fat: 34.87g (53.65%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 59.71g (19.9%), Net Carbohydrates: 41.93g (15.25%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 128.62mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.29%), Fiber: 17.79g (71.14%), Vitamin C: 49.8mg (60.36%), Vitamin K: 63.12µg (60.12%), Vitamin B6: 0.78mg (38.99%), Folate: 150.25µg (37.56%), Phosphorus: 368.33mg (36.83%), Manganese: 0.73mg (36.31%), Potassium: 1210.77mg (34.59%), Vitamin E: 5.02mg (33.44%), Magnesium: 117.52mg (29.38%), Copper: 0.5mg (25.1%), Vitamin B5: 2.39mg (23.88%), Vitamin A: 1165.12IU (23.3%), Vitamin B3: 4.55mg (22.77%), Vitamin B2: 0.29mg (16.98%), Vitamin B1: 0.24mg (16.17%), Zinc: 2.29mg (15.3%), Iron: 2.26mg (12.56%), Calcium: 112.55mg (11.25%), Selenium: 6.41µg (9.16%)