



## Lime Tortilla Chips and Roasted Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



621 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 ounce tortilla chips
- 0.3 cup cilantro leaves fresh packed
- 2 cloves garlic
- 1 jalapeño
- 1 juice of lime
- 2 juice of lime
- 4 servings kosher salt and pepper freshly ground
- 2 lime zest

- 4 tablespoons olive oil extra-virgin
- 0.5 teaspoon sugar
- 3 pounds slicing tomatoes quartered
- 3 tablespoons distilled vinegar white
- 1 onion white quartered

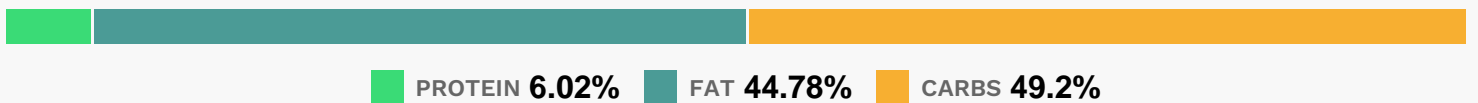
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Watch how to make this recipe.
- For the roasted salsa: Position a rack on the top of the oven and preheat to 400 degrees F. In a large bowl, combine 3 tablespoons of the olive oil, the tomatoes, garlic, jalapeno, onions and sprinkle with salt and pepper.
- Place the vegetables on a baking sheet and roast until soft, 20 to 25 minutes.
- Add the roasted vegetables to a food processor with the remaining 1 tablespoon olive oil, the cilantro, vinegar, sugar and lime juice. Pulse until chunky.
- Sprinkle with salt and pepper.
- Place the chips on a parchment-lined baking sheet and bake, about 5 minutes.
- Drizzle with the lime zest, lime juice and toss.
- Serve with the roasted salsa.

## Nutrition Facts



## Properties

Glycemic Index:77.77, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:24.616956399835%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

## Nutrients (% of daily need)

Calories: 620.66kcal (31.03%), Fat: 32.42g (49.88%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 80.14g (26.71%), Net Carbohydrates: 69.81g (25.39%), Sugar: 12.39g (13.77%), Cholesterol: 0mg (0%), Sodium: 493.32mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Vitamin C: 70.03mg (84.88%), Vitamin A: 2970.26IU (59.41%), Vitamin K: 57.3µg (54.57%), Vitamin E: 7.14mg (47.57%), Fiber: 10.33g (41.31%), Potassium: 1082.03mg (30.92%), Phosphorus: 294.33mg (29.43%), Magnesium: 116.71mg (29.18%), Vitamin B6: 0.52mg (25.76%), Manganese: 0.47mg (23.49%), Vitamin B1: 0.28mg (18.56%), Folate: 73µg (18.25%), Copper: 0.33mg (16.55%), Calcium: 149.49mg (14.95%), Vitamin B5: 1.47mg (14.7%), Vitamin B3: 2.93mg (14.65%), Iron: 2.63mg (14.59%), Zinc: 1.88mg (12.55%), Vitamin B2: 0.15mg (8.68%), Selenium: 4.34µg (6.19%)