



Minted Tomato Salsa with Grilled Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cucumber chopped
- 1 tablespoon mint leaves fresh chopped
- 1 small clove garlic finely chopped
- 1 tablespoon spring onion chopped (1 medium)
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil
- 0.1 teaspoon pepper
- 2 6-inch wholewheat pita breads (pocket) ()

- 0.3 teaspoon salt
- 1 large tomatoes red yellow seeded chopped

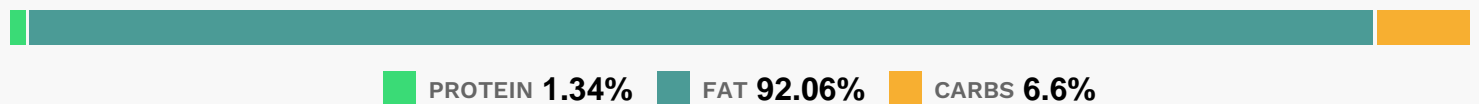
Equipment

- bowl
- knife
- grill
- kitchen scissors

Directions

- Heat gas or charcoal grill. In medium nonmetal bowl, mix all salsa ingredients. Refrigerate.
- In small bowl, mix oil and garlic. Separate layers of each pita bread by cutting around edges with sharp knife or kitchen scissors to form 2 rounds.
- Brush top side of each pita round with oil mixture.
- Place on grill over medium heat. Cook 2 to 3 minutes, turning once, until lightly browned and crisp.
- Cut into wedges.
- Serve warm pita chips with salsa.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.86478260062311%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 44.8kcal (2.24%), Fat: 4.7g (7.22%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 99.44mg (4.32%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin K: 5.36µg (5.1%), Vitamin E: 0.68mg (4.54%), Manganese: 0.03mg (1.56%), Vitamin C: 1.12mg (1.36%)