



Pomegranate-Avocado Salsa with Spiced Chips



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups avocado diced peeled (2 avocados)
- ☐ 2 cups clementine sections (6 clementines)
- ☐ 12 6-inch corn tortillas cut into 8 wedges ()
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.8 teaspoon ground cumin

- ☐ 2 tablespoons honey
- ☐ 1 jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 1 cup pomegranate seeds (1 medium pomegranate)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ To prepare chips, combine paprika, cumin, 1/2 teaspoon salt, sugar, garlic powder, and onion powder in a small bowl. Arrange tortilla wedges in a single layer on 2 baking sheets; coat with cooking spray.
- ☐ Bake at 500 for 5 minutes. Turn wedges over; coat with cooking spray.
- ☐ Sprinkle paprika mixture evenly over wedges.
- ☐ Bake an additional 2 minutes or until lightly browned.
- ☐ Remove from oven; cool completely.
- ☐ To prepare salsa, combine avocado and juice in a medium bowl; toss gently to coat.
- ☐ Add clementine sections and remaining ingredients; toss gently to combine.
- ☐ Serve salsa with chips.

Nutrition Facts



Properties

Glycemic Index:39.24, Glycemic Load:11.06, Inflammation Score:-4, Nutrition Score:7.1043478095013%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 128.9kcal (6.45%), Fat: 3.48g (5.35%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 20.14g (7.32%), Sugar: 9.11g (10.13%), Cholesterol: 0mg (0%), Sodium: 112.25mg (4.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 25.82mg (31.3%), Fiber: 4.25g (16.99%), Vitamin K: 16.82µg (16.02%), Phosphorus: 108.27mg (10.83%), Folate: 33.5µg (8.38%), Magnesium: 31.64mg (7.91%), Manganese: 0.16mg (7.86%), Vitamin B6: 0.16mg (7.85%), Potassium: 263.68mg (7.53%), Copper: 0.12mg (6.08%), Vitamin B1: 0.09mg (5.67%), Vitamin B3: 1.05mg (5.24%), Vitamin E: 0.72mg (4.81%), Calcium: 42.6mg (4.26%), Vitamin A: 209.51IU (4.19%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.97%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.57mg (3.81%), Selenium: 1.89µg (2.7%)