



Salsa and Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- 0.3 cup coriander fresh chopped (cilantro)
- 1 jalapeño minced to taste (or)
- 8 servings kosher salt and pepper black freshly ground to taste
- 4 plum tomatoes cored ripe roughly chopped
- 8 servings salt fine
- 8 servings vegetable oil for frying
- 12 6-inch corn tortillas white (preferably)

Equipment

- bowl
- frying pan
- paper towels
- pot
- plastic wrap
- kitchen thermometer
- slotted spoon
- skimmer

Directions

- In a small bowl, mix together the tomatoes, onion, jalapeno, coriander. Season with salt and pepper. Cover with plastic wrap and set aside for 1 hour.
- Serve with Tortilla Chips.
- Pour the oil into a large heavy-bottomed pot to a depth of about 2 inches.
- Place a deep-frying thermometer in the pot.
- Heat the oil over medium heat to 360 degrees F.
- Meanwhile, stack the tortillas, and cut the pile into sixths to make chips.
- Raise the heat to high. Working in batches, fry the chips, turning them with a skimmer or slotted spoon, until golden brown, about 2 minutes. Using a slotted spoon, transfer the chips to a paper towel-lined pan to drain. (Return the oil to the proper temperature between batches.) Cool and season with salt.
- Serve.

Nutrition Facts



PROTEIN 8.36% **FAT 29.6%** **CARBS 62.04%**

Properties

Glycemic Index:23.06, Glycemic Load:7.89, Inflammation Score:-4, Nutrition Score:4.7504347692365%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 116.23kcal (5.81%), Fat: 3.99g (6.13%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 15.88g (5.77%), Sugar: 1.24g (1.37%), Cholesterol: 0mg (0%), Sodium: 213.19mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Phosphorus: 130.75mg (13.08%), Fiber: 2.92g (11.67%), Vitamin K: 9.64µg (9.18%), Manganese: 0.18mg (8.98%), Magnesium: 32.06mg (8.01%), Vitamin C: 6.46mg (7.83%), Vitamin A: 312.16IU (6.24%), Vitamin B6: 0.12mg (5.93%), Potassium: 154.32mg (4.41%), Copper: 0.08mg (4.09%), Vitamin B3: 0.8mg (3.99%), Vitamin E: 0.58mg (3.88%), Zinc: 0.57mg (3.8%), Calcium: 35.8mg (3.58%), Selenium: 2.4µg (3.42%), Vitamin B1: 0.05mg (3.28%), Iron: 0.59mg (3.27%), Vitamin B2: 0.03mg (1.97%), Folate: 7.4µg (1.85%)