



WHATSHATE



## Salsa Guac and Pita Chips



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



133 kcal

SIDE DISH

### Ingredients

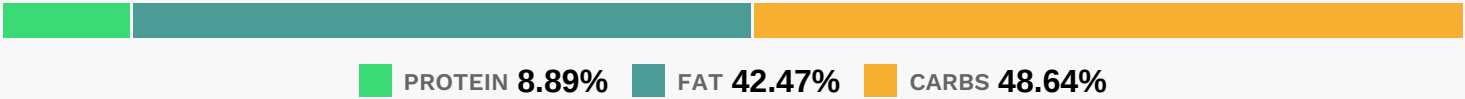
- ☐ 1.5 tablespoons guacamole prepared
- ☐ 10 pita chips (such as Stacy's)
- ☐ 1 tablespoon salsa fresh

### Equipment

### Directions

- ☐ Stir salsa into guacamole. Enjoy with pita chips.

# Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:5.5456521459248%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 133.24kcal (6.66%), Fat: 6.49g (9.98%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 14.12g (5.13%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 277.39mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin E: 2.06mg (13.75%), Folate: 46.47µg (11.62%), Fiber: 2.61g (10.42%), Vitamin B3: 1.99mg (9.96%), Selenium: 6.86µg (9.8%), Manganese: 0.18mg (9.11%), Vitamin B1: 0.13mg (8.88%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (5.69%), Vitamin K: 5.79µg (5.52%), Vitamin B6: 0.11mg (5.49%), Potassium: 179.84mg (5.14%), Vitamin B5: 0.46mg (4.55%), Phosphorus: 42.01mg (4.2%), Magnesium: 16.54mg (4.14%), Copper: 0.08mg (4.14%), Vitamin C: 2.63mg (3.19%), Zinc: 0.37mg (2.49%), Vitamin A: 110.75IU (2.21%), Calcium: 10.67mg (1.07%)