






 1%
HEALTH SCORE

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

 Vegetarian  Vegan  Dairy Free

READY IN

20 min.

SERVINGS

12

CALORIES

45 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 1.5 cups avocado ripe peeled finely chopped (2)
- 2 teaspoons canola oil
- 6 6-inch flour whole-wheat ()
- 2 tablespoons cilantro leaves fresh minced
- 0.5 teaspoon ground cinnamon
- 1 teaspoon jalapeno minced seeded
- 2 teaspoons juice of lime fresh

- 0.4 teaspoon salt
- 1 cup strawberries finely chopped
- 2 teaspoons sugar

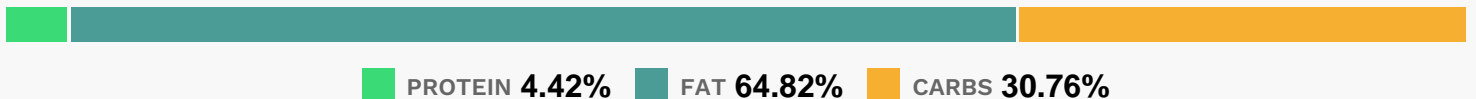
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350
- To prepare chips, brush oil evenly over one side of each tortilla.
- Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas.
- Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets.
- Bake at 350 for 10 minutes or until crisp.
- Combine avocado and remaining ingredients; stir gently to combine.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:2.6226087160732%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 44.55kcal (2.23%), Fat: 3.48g (5.35%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 74.19mg (3.23%), Alcohol: 0g (100%), Protein: 0.53g (1.07%), Vitamin C: 9.7mg (11.75%), Fiber: 1.61g (6.44%), Manganese: 0.11mg (5.44%), Vitamin K: 5µg (4.76%), Folate: 18.53µg (4.63%), Vitamin E: 0.56mg (3.76%), Potassium: 113.86mg (3.25%), Vitamin B6: 0.06mg (2.91%), Vitamin B5: 0.28mg (2.81%), Copper: 0.04mg (2.22%), Vitamin B3: 0.41mg (2.03%), Magnesium: 7.88mg (1.97%), Vitamin B2: 0.03mg (1.68%), Phosphorus: 14.73mg (1.47%), Vitamin B1: 0.02mg (1.23%), Zinc: 0.15mg (1.02%), Iron: 0.18mg (1.01%)