



Sweet Salsa and Cinnamon Chips

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



405 kcal

SIDE DISH

Ingredients

- 1 cup cinnamon sugar
- 3 12-inch flour tortilla ()
- 2 kiwi fruit peeled chopped
- 0.5 medium mangos diced peeled
- 10 strawberries frozen

Equipment

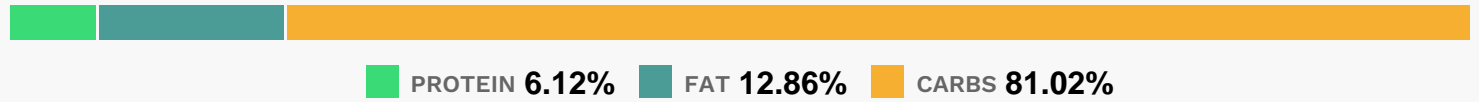
- bowl
- baking sheet

- oven
- blender

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Combine the kiwi, mango, and banana in a bowl. Process the strawberries in a blender until they are liquefied and pour over fruit mixture. Stir to coat and refrigerate.
- Coat both sides of each tortilla with the cooking spray.
- Cut them into triangle-shaped wedges and place on a baking sheet.
- Sprinkle cinnamon sugar evenly over the chips.
- Bake in preheated oven until golden-brown, about 10 minutes. Allow to cool and serve with the fruit mixture.

Nutrition Facts



Properties

Glycemic Index:49.7, Glycemic Load:42.69, Inflammation Score:-6, Nutrition Score:13.227826284326%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 404.52kcal (20.23%), Fat: 5.9g (9.08%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 83.67g (27.89%), Net Carbohydrates: 79.38g (28.86%), Sugar: 49.74g (55.27%), Cholesterol: 0mg (0%), Sodium: 506.09mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Vitamin C: 48.84mg (59.2%), Vitamin B1: 0.37mg (24.36%), Manganese: 0.48mg (24.04%), Selenium: 15.79µg (22.55%), Folate: 88.42µg (22.11%), Vitamin K: 20.99µg (19.99%), Fiber: 4.3g (17.19%), Vitamin B3: 3.39mg (16.95%), Phosphorus: 161.94mg (16.19%), Iron: 2.72mg (15.12%), Vitamin B2: 0.22mg (13.1%), Calcium: 119.12mg (11.91%), Copper: 0.16mg (7.86%), Potassium: 229.87mg (6.57%), Magnesium: 26.06mg (6.52%), Vitamin A: 258.52IU (5.17%), Vitamin B6: 0.1mg (4.92%), Vitamin E: 0.73mg (4.86%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.25mg (2.5%)