



# WESTERN WISCONSIN HEALTH

## **FRUIT SALSA AND CINNAMON CHIPS**

- 1 lb. strawberries
- 3 kiwi
- 1 orange
- 1 can pineapple, crushed and drained
- 1 1/2 tsp. sugar, honey, or sweetener
- 1 T. lemon juice
- 1 pkg. wheat tortillas Cinnamon and sugar for sprinkling on tortillas
- Butter or spray cooking oil

### **Nutrition Facts**

Serving Size (72g)  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 10**

**% Daily Value\***

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 35mg**      **1%**

**Total Carbohydrate 13g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 6g

**Protein 1g**

Vitamin A 0%      • Vitamin C 45%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Finely chop the fruit, and stir with sweetener and juice. Chill. Brush tortillas with olive oil and sprinkle with cinnamon and a pinch of sugar. Cut each tortilla into 10 pie-shaped wedges before baking. Bake tortillas at 350° F. for 10 to 12 minutes. Cool tortilla chips and serve with chilled fruit salsa.

**NUTRITION FACTS:** Serving size: 1/2 cup of fruit salsa and 1 /4 of tortilla per serving, 24 servings