



1 Minute Apple Tortilla

 Vegetarian

READY IN



1 min.

SERVINGS



1

CALORIES



99 kcal

SIDE DISH

Ingredients

- 0.3 apples thinly sliced
- 1 milk singles 2% kraft
- 16-inch tortillas whole wheat ()

Equipment

- microwave

Directions

- Place tortilla on microwaveable plate.
- Place 2% Milk Singles on half of tortilla; top with apples. Fold tortilla in half to cover filling.
- Microwave on HIGH 30 sec. or until Singles is melted.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:1.3965217325351%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 99.3kcal (4.97%), Fat: 1.83g (2.81%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 16.21g (5.9%), Sugar: 5.94g (6.6%), Cholesterol: 0.08mg (0.03%), Sodium: 162.65mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Fiber: 2.82g (11.29%), Calcium: 50.15mg (5.02%), Iron: 0.68mg (3.77%), Vitamin C: 2.1mg (2.54%), Potassium: 50.08mg (1.43%)