



1-Minute Apple Tortilla

 Vegetarian

READY IN



1 min.

SERVINGS



1

CALORIES



93 kcal

SIDE DISH

Ingredients

- 0.3 cup apples thinly sliced
- 1 singles kraft
- 16-inch tortillas whole wheat ()

Equipment

- microwave

Directions

- Place tortilla on microwaveable plate.
- Place Singles on half of tortilla; top with apples. Fold tortilla in half; cover with waxed paper.
- Microwave on HIGH 30 sec. or until Singles is melted.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.2504347925601%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 92.87kcal (4.64%), Fat: 1.79g (2.76%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.65g (5.33%), Sugar: 4.47g (4.97%), Cholesterol: 0.16mg (0.05%), Sodium: 175.01mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Fiber: 2.48g (9.93%), Calcium: 55.22mg (5.52%), Iron: 0.66mg (3.68%), Vitamin C: 1.44mg (1.74%), Phosphorus: 12.67mg (1.27%), Potassium: 35.8mg (1.02%)