



WHATSheATE



Apple-Cinnamon Tortilla Strips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple jelly melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 6-inch flour tortillas low-fat cut into 1/4-inch-thick strips
- ☐ 1 tablespoon sugar

Equipment

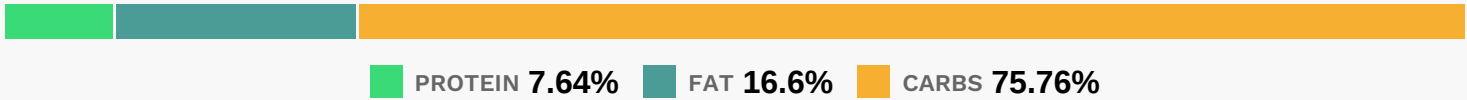
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Coat a nonstick baking sheet with cooking spray. In a bowl, combine the sugar and cinnamon. In a large bowl, toss the tortilla strips with the apple jelly and the cinnamon sugar.
- ☐ Spread the strips on the baking sheet in a single layer.
- ☐ Bake for about 20 minutes, tossing occasionally, until golden.
- ☐ Let cool on the baking sheet.
- ☐ VARIATION:In a nonreactive saucepan, melt 3 tablespoons apple jelly with 1 tablespoon fresh lime juice, 1 tablespoon soy sauce, 1 teaspoon sesame oil and 1/2 teaspoon tabasco over moderate heat. Toss the tortilla strips with the glaze and bake as directed above. (One cup contains 127 calories, 2 grams of fat and .2 grams of saturated fat.)
- ☐ Make Ahead: The tortilla strips can be stored in an airtight container for 1 week.
- ☐ Notes: ONE CUP: Calories 112 kcal, Protein 2 gm, Carbohydrate 28 gm, Cholesterol 0, Total Fat 1 gm, Saturated Fat 0

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:10.51, Inflammation Score:-1, Nutrition Score:3.5504347598585%

Nutrients (% of daily need)

Calories: 131.46kcal (6.57%), Fat: 2.42g (3.72%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.57g (8.57%), Sugar: 8.96g (9.96%), Cholesterol: 0mg (0%), Sodium: 224.04mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin B1: 0.15mg (10.17%), Selenium: 6.91µg (9.87%), Manganese: 0.17mg (8.71%), Folate: 29.31µg (7.33%), Vitamin B3: 1.33mg (6.66%), Iron: 1.15mg (6.39%), Phosphorus: 63.78mg (6.38%), Vitamin B2: 0.09mg (5.46%), Fiber: 1.23g (4.91%), Calcium: 47.08mg (4.71%), Copper: 0.04mg (2.09%), Vitamin K: 2.2µg (2.09%), Magnesium: 7.07mg (1.77%), Potassium: 45.8mg (1.31%), Zinc: 0.17mg (1.12%), Vitamin C: 0.88mg (1.07%)