



Chocolate Allspice Dessert Nachos

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup caramel dip
- ☐ 0.5 cup chocolate syrup
- ☐ 1 tablespoon cocoa powder
- ☐ 6 8-inch flour tortillas
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup peanut butter melted
- ☐ 0.5 cup non-dairy whipped topping as needed cool whip® such as

☐

2 tablespoons sugar white

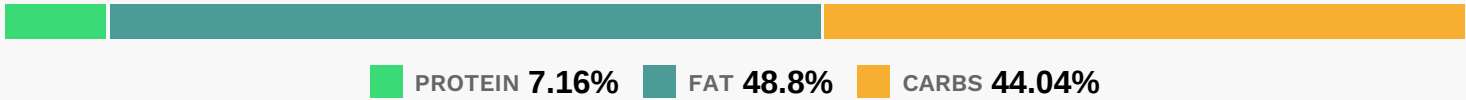
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix sugar, cocoa powder, cinnamon, and allspice together in a bowl.
- ☐ Coat both sides of flour tortillas with melted butter; cut tortillas into quarters. Coat 1 side of tortillas with sugar mixture. Arrange tortilla pieces in a single layer on a baking sheet.
- ☐ Bake in the preheated oven until golden brown and crispy, 12 to 16 minutes.
- ☐ Arrange baked tortilla pieces on a serving platter; drizzle with peanut butter, caramel dip, and chocolate syrup. Top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:15.87, Inflammation Score:-5, Nutrition Score:9.757826095042%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 447.55kcal (22.38%), Fat: 24.92g (38.35%), Saturated Fat: 11.08g (69.27%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 47.75g (17.36%), Sugar: 26.23g (29.14%), Cholesterol: 31.63mg (10.54%), Sodium: 495.22mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.45%), Manganese: 0.53mg (26.73%), Vitamin B3: 3.94mg (19.72%), Phosphorus: 186.04mg (18.6%), Vitamin B1: 0.23mg (15.58%), Selenium: 10.08µg (14.41%), Magnesium: 54.18mg (13.54%), Folate: 51.57µg (12.89%), Vitamin E: 1.9mg (12.64%), Iron: 2.19mg (12.15%), Vitamin B2: 0.2mg (11.59%), Copper: 0.23mg (11.55%), Fiber: 2.87g (11.49%), Calcium: 95.17mg (9.52%),

Vitamin A: 364.58IU (7.29%), Potassium: 230.7mg (6.59%), Zinc: 0.88mg (5.84%), Vitamin B6: 0.11mg (5.29%),
Vitamin K: 4.34µg (4.13%), Vitamin B5: 0.35mg (3.45%), Vitamin B12: 0.08µg (1.3%)