



Cinnamon and Sugar Tortilla Strips

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 3 8-inch flour tortilla frozen
- ☐ 3 tablespoons granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 4 tablespoons butter unsalted

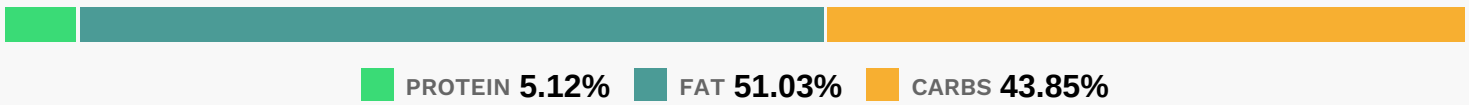
Equipment

- ☐ frying pan

Directions

- ☐ Cut the tortillas into 1/2-inch-thick strips.
- ☐ Heat the butter and sugar in a large nonstick skillet over medium-low heat. When the butter has melted, add the tortilla strips. Cook, stirring frequently, until the tortillas are lightly browned and crisp, about 5 minutes.
- ☐ Sprinkle with the cinnamon.
- ☐ Serve with the ice cream (if desired).

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:12.25, Inflammation Score:-3, Nutrition Score:4.8208695766718%

Nutrients (% of daily need)

Calories: 252.23kcal (12.61%), Fat: 14.44g (22.22%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 26.55g (9.65%), Sugar: 10.41g (11.57%), Cholesterol: 30.1mg (10.03%), Sodium: 283.16mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin B1: 0.19mg (12.87%), Selenium: 8.73µg (12.47%), Manganese: 0.2mg (10.04%), Folate: 36.38µg (9.09%), Vitamin B3: 1.7mg (8.49%), Phosphorus: 82.19mg (8.22%), Iron: 1.4mg (7.78%), Vitamin A: 350.04IU (7%), Vitamin B2: 0.11mg (6.73%), Calcium: 59.92mg (5.99%), Fiber: 1.37g (5.49%), Vitamin K: 3.75µg (3.57%), Magnesium: 8.73mg (2.18%), Vitamin E: 0.33mg (2.17%), Copper: 0.04mg (2.14%), Potassium: 51.62mg (1.47%), Zinc: 0.22mg (1.45%), Vitamin D: 0.21µg (1.4%), Vitamin B6: 0.02mg (1.15%)