



Cinnamon Sugar Crisps

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 6 7-inch flour tortilla low-fat () (not)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted

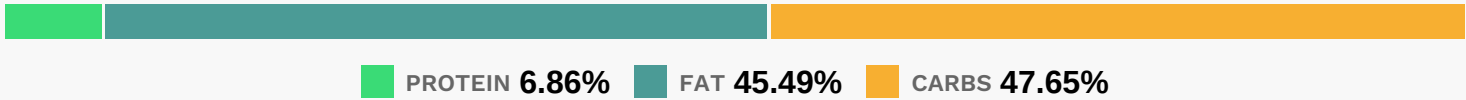
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 500°F.
- ☐ Melt butter in a 17- by 12-inch shallow baking pan in oven, about 2 minutes.
- ☐ Spread tortillas, in baking pan, overlapping slightly and turning each over once to coat with butter.
- ☐ Stir together sugar, cinnamon, and a pinch of salt.
- ☐ Sprinkle evenly over tortillas.
- ☐ Bake tortillas until golden and puffed in spots, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:9.97, Inflammation Score:-3, Nutrition Score:5.4795652044856%

Nutrients (% of daily need)

Calories: 224.18kcal (11.21%), Fat: 11.36g (17.48%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.13g (9.14%), Sugar: 5.71g (6.34%), Cholesterol: 20.34mg (6.78%), Sodium: 339.65mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin B1: 0.23mg (15.46%), Selenium: 10.38µg (14.83%), Manganese: 0.24mg (12.12%), Folate: 43.53µg (10.88%), Vitamin B3: 2.04mg (10.19%), Phosphorus: 97.08mg (9.71%), Iron: 1.68mg (9.34%), Vitamin B2: 0.13mg (7.87%), Calcium: 70.31mg (7.03%), Fiber: 1.65g (6.62%), Vitamin A: 236.61IU (4.73%), Vitamin K: 4µg (3.81%), Magnesium: 10.36mg (2.59%), Copper: 0.05mg (2.5%), Potassium: 60.21mg (1.72%), Zinc: 0.25mg (1.69%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.38%)