



Cinnamon-Tortilla Crisp Sundae

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup caramel topping fat-free
- ☐ 3 8-inch flour tortillas whole-wheat cut into 6 wedges
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 cups whipped cream light
- ☐ 2 tablespoons sugar

Equipment

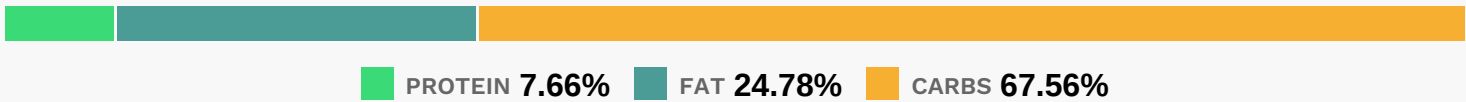
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 45
- ☐ Combine sugar and cinnamon. Arrange tortilla wedges on a baking sheet.
- ☐ Brush both sides of tortilla wedges with butter; sprinkle both sides with cinnamon-sugar mixture.
- ☐ Bake at 450 for 2 to 3 minutes on each side or until lightly browned.
- ☐ Place caramel topping in a small microwave-safe bowl. Microwave at HIGH 45 seconds or until melted.
- ☐ Place 1/2 cup ice cream into each of 6 bowls.
- ☐ Drizzle about 1 tablespoon caramel topping over ice cream in each bowl.
- ☐ Serve each sundae with 3 tortilla wedges.
- ☐ Cut tortillas into wedges using safety scissors
- ☐ Stick tortilla crisps into sundaes
- ☐ Sprinkle tortilla wedges with cinnamon-sugar
- ☐ Drizzle caramel topping

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:3.7856521736021%

Nutrients (% of daily need)

Calories: 198.99kcal (9.95%), Fat: 5.59g (8.61%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 33.78g (12.28%), Sugar: 27.96g (31.07%), Cholesterol: 25.54mg (8.51%), Sodium: 114.16mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Calcium: 134.29mg (13.43%), Vitamin B2: 0.2mg

(11.55%), Phosphorus: 85.84mg (8.58%), Vitamin A: 411.61IU (8.23%), Vitamin B12: 0.38µg (6.4%), Manganese: 0.12mg (5.9%), Potassium: 170.98mg (4.89%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.58mg (3.86%), Magnesium: 12.3mg (3.07%), Selenium: 2.06µg (2.94%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.55g (2.19%), Vitamin B6: 0.04mg (1.85%), Folate: 5.13µg (1.28%), Vitamin C: 0.99mg (1.2%), Iron: 0.21mg (1.15%), Vitamin E: 0.17mg (1.11%)