

Cinnamon Tortilla Surprise

READY IN

ready

55 min.

SERVINGS

servings

40

CALORIES

calories

119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chocolate syrup or as needed
- ☐ 8 ounce cream cheese softened
- ☐ 10 large flour tortillas cut into quarters
- ☐ 1.5 tablespoons ground cinnamon
- ☐ 6 ounce vanilla pudding mix instant
- ☐ 40 maraschino cherries
- ☐ 1 cup milk
- ☐ 16 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

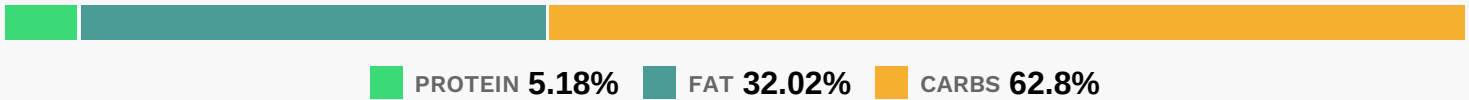
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray 40 muffin cups with cooking spray.
- ☐ Combine sugar and cinnamon together in a small bowl.
- ☐ Brush both sides of flour tortilla pieces with melted butter; sprinkle each with cinnamon-sugar mixture. Gently fit each tortilla piece into a prepared muffin cup, shaping the tortilla to make a shell.
- ☐ Bake in the preheated oven until tortilla shells are golden brown, 8 to 10 minutes.
- ☐ Beat milk, cream cheese, and pudding mix in a bowl using an electric mixer until smooth; fold in whipped topping. Fill each tortilla shell with about 1 tablespoon cream cheese mixture.
- ☐ Drizzle with chocolate syrup and top each with a maraschino cherry.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:1.8326086980169%

Nutrients (% of daily need)

Calories: 119kcal (5.95%), Fat: 4.29g (6.6%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 18.29g (6.65%), Sugar: 14.27g (15.85%), Cholesterol: 6.69mg (2.23%), Sodium: 111.49mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Manganese: 0.1mg (4.76%), Calcium: 38.11mg (3.81%), Selenium: 2.65µg (3.79%), Phosphorus: 37.79mg (3.78%), Vitamin B2: 0.05mg (3.23%), Vitamin B1: 0.04mg (2.99%), Fiber: 0.63g (2.53%), Iron: 0.36mg (2.02%), Folate: 7.94µg (1.98%), Vitamin A: 97.56IU (1.95%), Vitamin B3: 0.36mg (1.81%), Copper: 0.02mg (1.23%), Potassium: 43mg (1.23%), Magnesium: 4.72mg (1.18%), Vitamin K: 1.21µg (1.16%), Vitamin B12: 0.07µg (1.13%)