



## Dessert Tacos

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon butter melted
- 2 cups ice-cream chocolate shell
- 4 8-inch flour tortillas ()
- 0.3 teaspoon ground cinnamon
- 2 kiwifruit peeled cut into strips
- 1 pint strawberries sliced
- 1 tablespoon sugar
- 1 cup non-dairy whipped topping frozen thawed

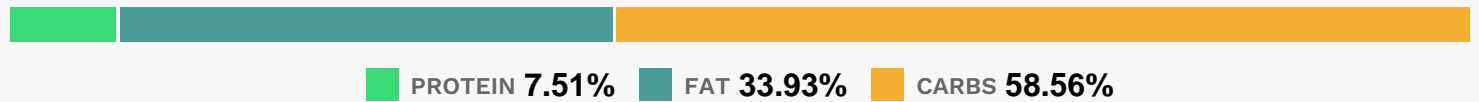
# Equipment

- baking sheet
- oven
- aluminum foil

# Directions

- Combine sugar and cinnamon.
- Brush tortillas with melted butter; sprinkle evenly with sugar mixture.
- Shape 4 sheets of aluminum foil into 4-inch balls on a baking sheet.
- Place tortillas, butter side down, on foil; press to resemble taco shells.
- Bake at 350 for 10 minutes or until crisp. Cool completely on foil on baking sheet.
- Remove tortillas; fill evenly with ice cream, kiwifruit, and strawberries. Dollop with whipped topping.

# Nutrition Facts



# Properties

Glycemic Index:75.44, Glycemic Load:24.29, Inflammation Score:-7, Nutrition Score:19.102608685908%

# Flavonoids

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## **Nutrients (% of daily need)**

Calories: 441.82kcal (22.09%), Fat: 17.2g (26.46%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 66.78g (22.26%),  
Net Carbohydrates: 60.4g (21.96%), Sugar: 35.95g (39.95%), Cholesterol: 30.34mg (10.11%), Sodium: 465.03mg  
(20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin C: 104.01mg (126.08%),  
Manganese: 0.87mg (43.37%), Fiber: 6.37g (25.5%), Folate: 99.4µg (24.85%), Vitamin K: 25.69µg (24.47%),  
Phosphorus: 234.34mg (23.43%), Vitamin B1: 0.33mg (21.93%), Selenium: 14.09µg (20.13%), Calcium: 196.69mg  
(19.67%), Vitamin B2: 0.33mg (19.29%), Iron: 3.09mg (17.17%), Vitamin B3: 3.05mg (15.25%), Potassium: 519.55mg  
(14.84%), Magnesium: 54.48mg (13.62%), Copper: 0.26mg (13.12%), Vitamin E: 1.31mg (8.74%), Vitamin A: 430.05IU  
(8.6%), Vitamin B6: 0.15mg (7.69%), Vitamin B5: 0.68mg (6.85%), Zinc: 0.91mg (6.05%), Vitamin B12: 0.23µg (3.91%)