



Fall Morning Fold-Over

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



64 kcal

SIDE DISH

Ingredients

- 1 10-inch flour tortilla whole wheat ()
- 0.1 tsp ground cinnamon
- 1 milk singles 2% cut in half kraft
- 0.5 pears thinly sliced
- 0.5 tsp sugar

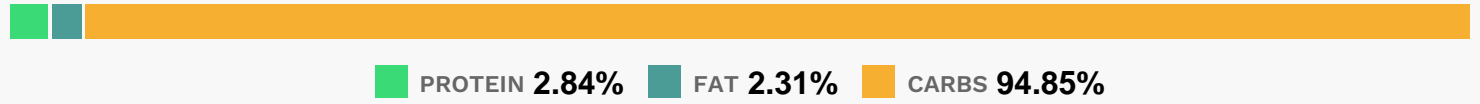
Equipment

- microwave

Directions

- Place tortilla on microwavable plate.
- Spread pears onto half of tortilla; top with remaining ingredients. Fold tortilla in half.
- Microwave on HIGH 45 sec. or until tortilla is warmed and 2% Milk Singles is melted.

Nutrition Facts



Properties

Glycemic Index:111.84, Glycemic Load:5.43, Inflammation Score:-1, Nutrition Score:2.2399999797344%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 63.52kcal (3.18%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 13.61g (4.95%), Sugar: 10.84g (12.04%), Cholesterol: 0.08mg (0.03%), Sodium: 1.43mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Fiber: 3.04g (12.15%), Manganese: 0.14mg (7.02%), Vitamin C: 3.84mg (4.66%), Copper: 0.08mg (3.92%), Vitamin K: 4.04µg (3.85%), Potassium: 109.71mg (3.13%), Magnesium: 7.91mg (1.98%), Folate: 6.74µg (1.68%), Vitamin B2: 0.03mg (1.6%), Phosphorus: 15.38mg (1.54%), Vitamin B6: 0.03mg (1.54%), Calcium: 12.83mg (1.28%), Iron: 0.22mg (1.25%), Vitamin B1: 0.02mg (1.08%), Selenium: 0.75µg (1.08%)