



## Maple-Pecan Sundaes with Cinnamon Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

DESSERT

### Ingredients

- 2 teaspoons butter melted
- 2 8-inch flour tortillas ()
- 1 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 8 teaspoons pecans toasted chopped
- 2 cups vanilla greek yogurt fat-free frozen
- 2 tablespoons sugar

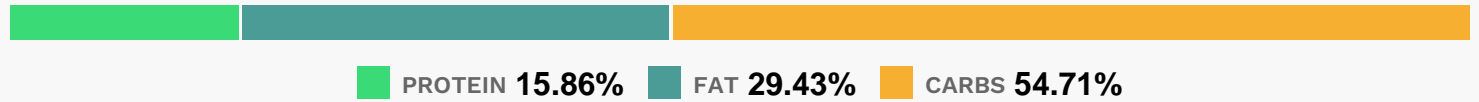
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 400
- Brush both sides of tortillas with butter.
- Combine sugar and cinnamon in a bowl; sprinkle evenly on both sides of tortillas.
- Cut each tortilla into 8 wedges.
- Place tortilla wedges on a large baking sheet.
- Bake at 400 for 8 minutes or until crisp.
- Combine yogurt and syrup in a bowl. Spoon 1/2 cup yogurt mixture into each of 4 bowls; top each with 2 teaspoons pecans.
- Serve each with 4 crisps.
- Garnish with mint, if desired.

## Nutrition Facts



## Properties

Glycemic Index:51.4, Glycemic Load:10.67, Inflammation Score:-2, Nutrition Score:6.1856521345351%

## Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

## Nutrients (% of daily need)

Calories: 293.37kcal (14.67%), Fat: 9.85g (15.15%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 39.27g (14.28%), Sugar: 26.88g (29.86%), Cholesterol: 9.15mg (3.05%), Sodium: 238.82mg

(10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Manganese: 0.8mg (40.18%), Vitamin B1: 0.19mg (12.53%), Vitamin B2: 0.21mg (12.44%), Selenium: 6.07µg (8.67%), Fiber: 1.93g (7.7%), Phosphorus: 75.61mg (7.56%), Iron: 1.18mg (6.58%), Folate: 25.83µg (6.46%), Copper: 0.12mg (6.23%), Vitamin B3: 1.24mg (6.18%), Calcium: 60.53mg (6.05%), Potassium: 192.2mg (5.49%), Magnesium: 17.74mg (4.44%), Zinc: 0.58mg (3.86%), Vitamin K: 2.45µg (2.33%), Vitamin B6: 0.03mg (1.64%), Vitamin A: 68.43IU (1.37%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.15%)