



Mexican Sunrise

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 2 flour tortillas reduced-fat (10 in.)
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 lb wedges honeydew melon
- ☐ 3 tablespoons juice of lemon
- ☐ 1.3 lb firm-ripe mango
- ☐ 2 cups nonfat vanilla yogurt frozen (see notes)
- ☐ 0.5 cup sugar

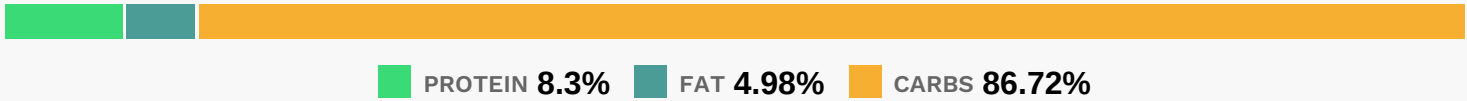
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ On a flat plate, mix 1/4 cup of the sugar with cinnamon.
- ☐ Stack tortillas, and with a small knife, notch edges to make sunburst rim; reserve scraps for other uses.
- ☐ Cut tortillas in half, rub sides lightly with water, and coat, 1 piece at a time, with cinnamon sugar. Arrange pieces in a single layer on 2 baking sheets (12 by 15 in.).
- ☐ Bake in a 400 oven until tortillas are lightly browned and crisp, about 10 minutes; switch pans halfway through baking.
- ☐ Meanwhile, peel and pit mango. Seed and peel melon.
- ☐ Cut mango and melon into 1/2- to 3/4-inch cubes, or cube half of each and thinly slice remainder.
- ☐ Mix fruit with lemon juice.
- ☐ Arrange fruit equally on salad or dessert plates.
- ☐ In a 6- to 8-inch frying pan over high heat, melt remaining 1/4 cup sugar, shaking and tilting pan to mix dry sugar into syrup until liquid is amber color; remove from heat. At once, put frozen yogurt beside fruit, lean tortillas against frozen yogurt, and quickly drizzle desserts with melted sugar.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:29.63, Inflammation Score:-9, Nutrition Score:17.570869715317%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg,

Pelargonidin: 0.03mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 388.11kcal (19.41%), Fat: 2.25g (3.47%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 88.33g (29.44%), Net Carbohydrates: 84.33g (30.67%), Sugar: 77.7g (86.34%), Cholesterol: 2.45mg (0.82%), Sodium: 203.69mg (8.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.91%), Vitamin C: 77.24mg (93.62%), Vitamin A: 1607.26IU (32.15%), Folate: 109.9µg (27.48%), Calcium: 236.43mg (23.64%), Potassium: 767.33mg (21.92%), Phosphorus: 210.21mg (21.02%), Vitamin B2: 0.34mg (19.82%), Selenium: 12.52µg (17.88%), Vitamin B6: 0.33mg (16.61%), Manganese: 0.33mg (16.33%), Fiber: 4g (16%), Vitamin B1: 0.21mg (14%), Magnesium: 48.16mg (12.04%), Vitamin K: 11.83µg (11.26%), Vitamin B3: 2.22mg (11.12%), Copper: 0.22mg (10.94%), Vitamin B12: 0.58µg (9.6%), Vitamin E: 1.4mg (9.34%), Zinc: 1.23mg (8.22%), Iron: 1.11mg (6.18%), Vitamin B5: 0.5mg (4.96%)