



Peach Enchiladas

READY IN



65 min.

SERVINGS



16

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz citrus-flavored drink soft canned
- ☐ 1 cup butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 pounds peaches fresh firm ripe peeled quartered 4 large
- ☐ 16 oz crescent rolls refrigerated canned
- ☐ 1.5 cups sugar

Equipment

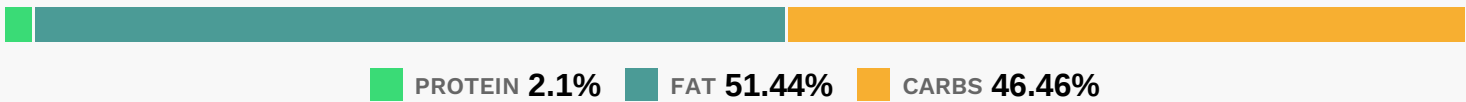
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Unroll crescent rolls; separate into triangles.
- ☐ Place 1 peach quarter on wide end of each triangle; roll up triangles around peaches, starting at wide end.
- ☐ Place, point sides down, in a lightly greased 13- x 9-inch pan.
- ☐ Stir together sugar, butter, and cinnamon, and drizzle over rolls; pour soft drink over rolls.
- ☐ Bake at 350 for 45 minutes or until golden brown and bubbly.
- ☐ Note: For citrus-flavored soft drink, we tested with Mountain Dew.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:15.06, Inflammation Score:-3, Nutrition Score:2.244347812041%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 298.7kcal (14.93%), Fat: 17.82g (27.41%), Saturated Fat: 9.85g (61.59%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 35.29g (12.83%), Sugar: 26.32g (29.24%), Cholesterol: 30.5mg (10.17%), Sodium: 326.75mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin A: 539.75IU (10.8%), Vitamin E: 0.75mg (4.97%), Fiber: 0.92g (3.67%), Iron: 0.57mg (3.18%), Manganese: 0.06mg (2.86%), Vitamin C: 2.33mg (2.82%), Vitamin K: 2.73µg (2.6%), Vitamin B3: 0.46mg (2.32%), Copper: 0.05mg (2.3%), Calcium: 21.51mg (2.15%), Potassium: 73.49mg (2.1%), Selenium: 1.45µg (2.07%), Phosphorus: 15.96mg (1.6%), Magnesium: 6.33mg (1.58%), Vitamin B2: 0.03mg (1.53%), Vitamin B5: 0.1mg (1.03%)