



Quick Elephant Ears

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



282 kcal

SIDE DISH

Ingredients

- 10 7-inch flour tortilla ()
- 2 teaspoons ground cinnamon
- 10 servings cooking oil for frying
- 1.5 cups sugar

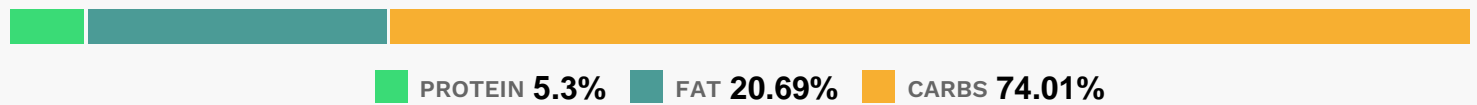
Equipment

- bowl
- frying pan

Directions

- Combine sugar and cinnamon in a shallow bowl or large plate; set aside. in a skillet, heat 1/2 in of oil.
- Place one tortilla at a time in skillet, Cook for 5 seconds; turn and cook 10 seconds longer or until browned.
- Place in sugar mixture and turn to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.91, Glycemic Load:28.13, Inflammation Score:-2, Nutrition Score:5.5217391268715%

Nutrients (% of daily need)

Calories: 282kcal (14.1%), Fat: 6.58g (10.12%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 51.1g (18.58%), Sugar: 31.66g (35.17%), Cholesterol: 0mg (0%), Sodium: 338.9mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin B1: 0.23mg (15.43%), Selenium: 10.45µg (14.93%), Manganese: 0.3mg (14.92%), Folate: 43.26µg (10.82%), Vitamin B3: 2.04mg (10.19%), Iron: 1.72mg (9.54%), Phosphorus: 95.02mg (9.5%), Vitamin B2: 0.14mg (7.98%), Fiber: 1.82g (7.29%), Calcium: 71.47mg (7.15%), Vitamin K: 5.43µg (5.17%), Vitamin E: 0.5mg (3.33%), Magnesium: 10.36mg (2.59%), Copper: 0.05mg (2.56%), Potassium: 59.82mg (1.71%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.39%)