



Savory Triangles

READY IN



45 min.

SERVINGS



60

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 8 8-inch flour tortillas ()
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1 tablespoon pepper
- ☐ 0.3 cup sesame seed

Equipment

- ☐ baking sheet
- ☐ sauce pan

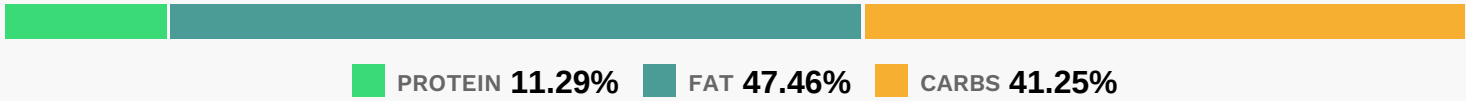
☐

 oven

Directions

- ☐ Melt butter in a saucepan over medium heat.
- ☐ Brush 2 tortillas with butter; sprinkle with Parmesan cheese, sesame seeds, and pepper.
- ☐ Cut into eighths, and place on a baking sheet.
- ☐ Bake at 450 for 5 minutes or until golden brown. Repeat with remaining tortillas.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:1.2178260929397%

Nutrients (% of daily need)

Calories: 34.69kcal (1.73%), Fat: 1.84g (2.83%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.26g (0.29%), Cholesterol: 2.6mg (0.87%), Sodium: 69.57mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Manganese: 0.06mg (3.09%), Selenium: 1.93µg (2.76%), Calcium: 26.56mg (2.66%), Vitamin B1: 0.04mg (2.64%), Phosphorus: 24.11mg (2.41%), Iron: 0.35mg (1.97%), Folate: 7.1µg (1.78%), Copper: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.66%), Vitamin B2: 0.02mg (1.41%), Fiber: 0.34g (1.35%), Magnesium: 4.25mg (1.06%)