



Southwest Chocolate Stack-Ups

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

Ingredients

- 8 tablespoons chocolate syrup (such as Hershey's)
- 6 6-inch flour tortilla cut into 4 wedges ()
- 0.3 teaspoon ground cinnamon
- 0.5 cup semi chocolate chips (such as Hershey's)
- 0.3 cup semisweet chocolate chips (such as Hershey's)
- 2 cups strawberries fresh sliced
- 0.5 cup sugar divided
- 1 tablespoon cocoa powder unsweetened (such as Hershey's)
- 0.5 teaspoon vanilla extract

- 8 ounce cool whip fat-free frozen thawed

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- blender
- microwave

Directions

- Preheat oven to 350
- Place 1/2 cup chocolate chips in a small glass bowl; microwave at high 2 minutes or until almost melted, stirring after 1 minute. Set aside.
- Place cream cheese, 1/4 cup sugar, and vanilla in a medium bowl, and beat with a mixer at medium speed until well blended.
- Add melted chips and whipped topping, stirring until well blended. Cover and chill.
- Combine 1/4 cup sugar, cocoa, and cinnamon in a small bowl.
- Place tortilla wedges on a baking sheet coated with cooking spray. Coat 1 side of each wedge with cooking spray; sprinkle evenly with the sugar mixture.
- Bake at 350 for 10 minutes.
- Remove from pan, and cool on a wire rack.
- Spread 1 1/2 tablespoons cream cheese mixture on 1 tortilla wedge, sugar side up. Top with 1 tortilla wedge, sugar side up; 1/4 cup sliced strawberries; 1 1/2 tablespoons cream cheese mixture; 1 tortilla wedge, sugar side up; and 1 1/2 tablespoons cheese mixture.
- Sprinkle with 1 1/2 teaspoons minichips.
- Drizzle tortilla stack with 1 tablespoon syrup. Repeat procedure with remaining tortillas, cheese mixture, strawberries, minichips, and syrup.
- NOTE: Assemble just before serving.

Nutrition Facts

PROTEIN 5.4% FAT 28.43% CARBS 66.17%

Properties

Glycemic Index:18.64, Glycemic Load:13.06, Inflammation Score:-4, Nutrition Score:10.193478242211%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 336.78kcal (16.84%), Fat: 10.82g (16.64%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 52.76g (19.18%), Sugar: 36.42g (40.47%), Cholesterol: 5.65mg (1.88%), Sodium: 202.92mg (8.82%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 18.67mg (6.22%), Protein: 4.62g (9.25%), Manganese: 0.61mg (30.48%), Vitamin C: 21.21mg (25.71%), Copper: 0.41mg (20.3%), Vitamin B2: 0.27mg (15.89%), Fiber: 3.9g (15.59%), Phosphorus: 153.18mg (15.32%), Magnesium: 60.9mg (15.22%), Iron: 2.67mg (14.84%), Vitamin B1: 0.17mg (11.47%), Selenium: 8.02µg (11.46%), Folate: 35.21µg (8.8%), Calcium: 85.17mg (8.52%), Potassium: 274.72mg (7.85%), Vitamin B12: 0.45µg (7.55%), Vitamin B3: 1.47mg (7.36%), Zinc: 0.94mg (6.29%), Vitamin K: 3.97µg (3.79%), Vitamin B6: 0.07mg (3.68%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 63.44IU (1.27%)