



Spicy Dessert Roll-Ups

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 teaspoons cayenne pepper
- ☐ 12 teaspoons cinnamon sugar
- ☐ 12 flour tortillas
- ☐ 12 teaspoons honey

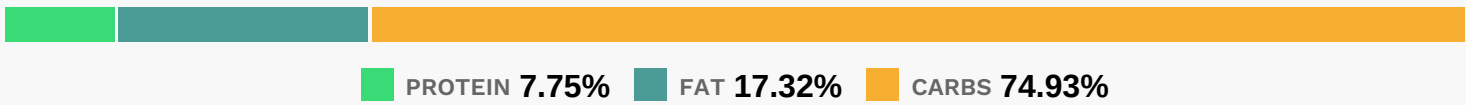
Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Warm a skillet over medium-high heat. Spray 1 side of a tortilla with cooking spray and place, sprayed-side down, into skillet.
- ☐ Sprinkle tortilla with 1 teaspoon cinnamon sugar; cook for 1 minute.
- ☐ Sprinkle 1/2 teaspoon cayenne pepper over cinnamon sugar layer. Slide tortilla onto a plate and drizzle with 1 teaspoon honey.
- ☐ Roll tortilla tightly and secure with a toothpick. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:10.58, Inflammation Score:-4, Nutrition Score:4.1695651930311%

Nutrients (% of daily need)

Calories: 131.66kcal (6.58%), Fat: 2.58g (3.97%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.8g (8.66%), Sugar: 10.96g (12.17%), Cholesterol: 0mg (0%), Sodium: 221.42mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin B1: 0.15mg (10.28%), Selenium: 6.86µg (9.8%), Manganese: 0.17mg (8.7%), Vitamin A: 416.1IU (8.32%), Folate: 29.4µg (7.35%), Vitamin B3: 1.42mg (7.11%), Iron: 1.2mg (6.66%), Phosphorus: 65.01mg (6.5%), Vitamin B2: 0.1mg (5.72%), Fiber: 1.34g (5.34%), Calcium: 45.74mg (4.57%), Vitamin K: 2.96µg (2.82%), Vitamin B6: 0.04mg (2.19%), Magnesium: 8.26mg (2.07%), Vitamin E: 0.3mg (1.99%), Copper: 0.04mg (1.89%), Potassium: 61.36mg (1.75%), Zinc: 0.2mg (1.33%)