



Sweet Tortilla Triangles with Fruit Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 8-inch flour tortillas ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons brown sugar light
- ☐ 60 servings fruit salsa
- ☐ 0.3 cup sugar
- ☐ 0.1 teaspoon vanilla extract

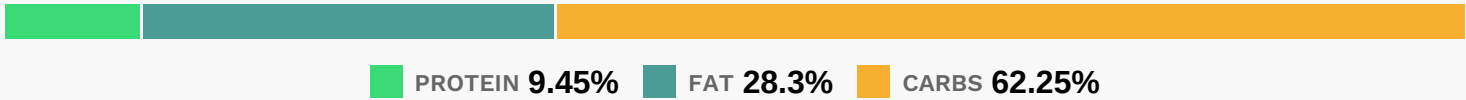
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine sugars and cinnamon.
- ☐ Melt butter in a saucepan over medium heat; stir in vanilla.
- ☐ Brush 2 tortillas with butter mixture; sprinkle with about 1 1/2 tablespoons sugar mixture.
- ☐ Cut into eighths, and place on a baking sheet.
- ☐ Bake at 450 for 5 minutes or until golden brown. Repeat with remaining tortillas.
- ☐ Serve with Fruit Salsa.
- ☐ Savory Triangles: Omit sugars, cinnamon, vanilla, and Fruit Salsa.
- ☐ Brush tortillas with 1/4 cup melted butter; sprinkle with 1/2 cup shredded Parmesan cheese, 1/4 cup sesame seeds, and 1 tablespoon pepper. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:1.82, Glycemic Load:1.64, Inflammation Score:-2, Nutrition Score:1.9773912982124%

Nutrients (% of daily need)

Calories: 41.72kcal (2.09%), Fat: 1.37g (2.11%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 269.01mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 1.03g (2.06%), Manganese: 0.08mg (3.79%), Vitamin A: 187.53IU (3.75%), Fiber: 0.83g (3.33%), Vitamin B3: 0.66mg (3.3%), Vitamin B1: 0.05mg (3.03%), Vitamin B6: 0.06mg (3.03%), Vitamin E: 0.42mg (2.8%), Potassium: 92.16mg (2.63%), Selenium: 1.82µg (2.59%), Phosphorus: 24.5mg (2.45%), Iron: 0.39mg (2.15%), Calcium: 19.85mg (1.98%), Folate: 7.69µg (1.92%), Vitamin K: 1.84µg (1.76%), Vitamin B2: 0.03mg (1.76%), Magnesium: 6.38mg (1.6%), Copper: 0.03mg (1.41%)