



Tortilla Dessert Wraps

READY IN



20 min.

SERVINGS



4

CALORIES



626 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond paste
- ☐ 0.5 cup coconut flakest
- ☐ 4 8-inch flour tortillas
- ☐ 0.5 cup milk chocolate chips
- ☐ 1 cup mini-marshmallows
- ☐ 4 servings whipped cream for serving
- ☐ 4 servings whipped cream for topping

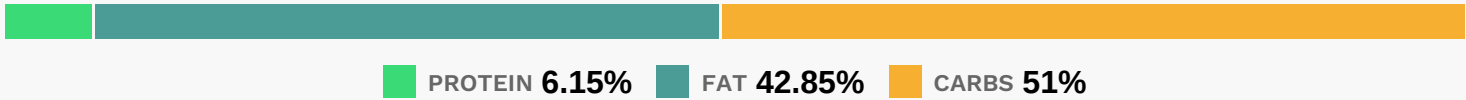
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a grill to low.
- ☐ Spread almond paste evenly on each tortilla.
- ☐ Sprinkle 1/4 of the marshmallows and 1/4 of the chocolate chips and 1/4 of the coconut on half of each tortilla.
- ☐ Roll the tortilla up and wrap in heavy-duty foil; seal tightly. Grill over low heat until heated through, about 5 to 10 minutes.
- ☐ Remove foil and place on a plate.
- ☐ Garnish with fresh sweetened whipped cream or prepared whipped topping.
- ☐ Serve vanilla ice cream on the side.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:23.79, Inflammation Score:-5, Nutrition Score:13.765652249689%

Nutrients (% of daily need)

Calories: 625.71kcal (31.29%), Fat: 30.33g (46.66%), Saturated Fat: 14.54g (90.89%), Carbohydrates: 81.23g (27.08%), Net Carbohydrates: 76.71g (27.89%), Sugar: 47.32g (52.57%), Cholesterol: 33.6mg (11.2%), Sodium: 443.19mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Manganese: 0.65mg (32.56%), Vitamin E: 4.09mg (27.27%), Phosphorus: 265.21mg (26.52%), Vitamin B2: 0.43mg (25.04%), Calcium: 231.65mg (23.17%), Selenium: 15.06µg (21.51%), Vitamin B1: 0.32mg (21.05%), Folate: 74.86µg (18.71%), Fiber: 4.52g (18.09%), Magnesium: 61.46mg (15.36%), Iron: 2.64mg (14.66%), Vitamin B3: 2.8mg (14.01%), Copper: 0.25mg (12.66%), Potassium: 393.52mg (11.24%), Zinc: 1.28mg (8.55%), Vitamin A: 318.96IU (6.38%), Vitamin B5: 0.55mg (5.48%), Vitamin B12: 0.27µg (4.58%), Vitamin B6: 0.08mg (4.01%), Vitamin K: 4µg (3.81%), Vitamin D: 0.16µg (1.04%)