



Tortilla-Fruit Cups

 Dairy Free

READY IN



37 min.

SERVINGS



37

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 6-inch flour tortillas ()
- 0.5 tsp ground cinnamon
- 1 peaches fresh chopped
- 0.5 cup blueberries and raspberries fresh
- 2 Tbsp sugar divided
- 0.8 cup cool whip whipped topping thawed

Equipment

- oven

muffin tray

Directions

Heat oven to 400F.

Toss fruit with 1 Tbsp. sugar. Refrigerate until ready to use.

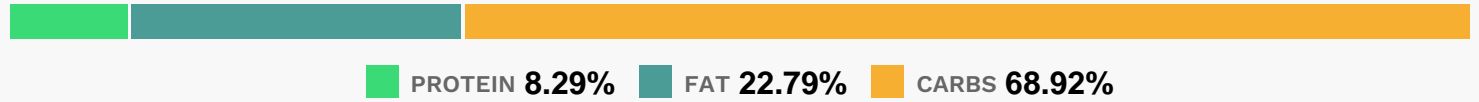
Combine cinnamon and remaining sugar. Spray tortillas with cooking spray; sprinkle with cinnamon sugar. Gently press tortillas, sugared sides up, into 6 muffin pan cups.

Bake 10 to 12 min. or until crisp.

Remove from muffin pan to wire racks; cool completely.

Fill tortilla cups with COOL WHIP and fruit mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.75869565440909%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Malvidin: 1.35mg, Malvidin: 1.35mg, Malvidin: 1.35mg, Malvidin: 1.35mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 23.72kcal (1.19%), Fat: 0.61g (0.94%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.84g (1.4%), Sugar: 1.73g (1.92%), Cholesterol: 0.03mg (0.01%), Sodium: 37.46mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.04mg (1.97%), Vitamin B1: 0.03mg (1.77%), Selenium: 1.21µg (1.73%), Vitamin B3: 0.26mg (1.29%), Folate: 4.98µg (1.25%), Phosphorus: 12.3mg (1.23%), Fiber: 0.3g (1.19%), Iron: 0.2mg (1.12%), Vitamin B2: 0.02mg (1.02%)