



Tortilla Fruit Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 0.5 teaspoon sugar
- 0.1 teaspoon ground cinnamon
- 2 tablespoons cream cheese soft
- 0.5 cup strawberries fresh drained chopped well (such as strawberries, blueberries, grapes, peaches)

Equipment

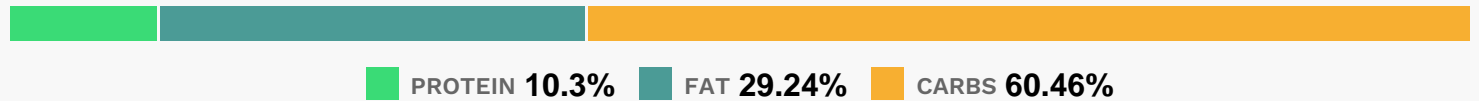
- baking sheet
- oven

cutting board

Directions

- Heat oven to 350°F.
- Place tortilla on ungreased cookie sheet.
- Bake about 10 minutes or until crisp. Meanwhile, mix sugar and cinnamon.
- Place hot tortilla on cutting board; spread cream cheese on tortilla.
- Sprinkle with sugar–cinnamon mixture. Arrange fruit on top.
- Cut into 4 wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:88.05, Glycemic Load:26.07, Inflammation Score:-6, Nutrition Score:19.883478309797%

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: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 543.55kcal (27.18%), Fat: 17.56g (27.01%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 81.69g (27.23%), Net Carbohydrates: 75.44g (27.43%), Sugar: 9.09g (10.1%), Cholesterol: 14.65mg (4.88%), Sodium: 1193.5mg (51.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.85%), Vitamin B1: 0.8mg (53.09%),

Selenium: 36.17µg (51.67%), Manganese: 0.93mg (46.63%), Folate: 156.52µg (39.13%), Vitamin B3: 7.05mg (35.23%), Phosphorus: 345.44mg (34.54%), Iron: 5.83mg (32.41%), Vitamin B2: 0.48mg (28.31%), Vitamin C: 21.17mg (25.66%), Fiber: 6.24g (24.97%), Calcium: 248.73mg (24.87%), Vitamin K: 12.36µg (11.77%), Magnesium: 40.36mg (10.09%), Copper: 0.18mg (9.13%), Potassium: 269.68mg (7.71%), Zinc: 0.95mg (6.34%), Vitamin B6: 0.12mg (5.86%), Vitamin A: 199.42IU (3.99%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.23mg (1.55%)