



## Tortilla Fruit Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons cream cheese soft
- 1 8-inch flour tortilla for burritos (; from 11-oz package)
- 0.5 cup strawberries fresh drained chopped well (such as strawberries, blueberries, grapes, peaches)
- 0.1 teaspoon ground cinnamon
- 0.5 teaspoon sugar

### Equipment

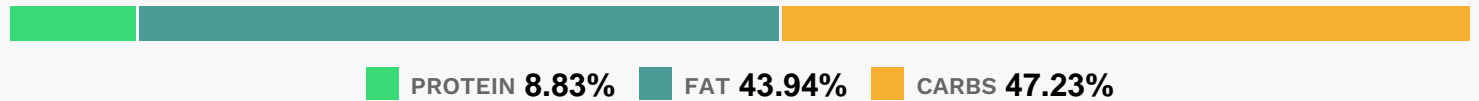
- baking sheet
- oven

cutting board

## Directions

- Heat oven to 350F.
- 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:176.09, Glycemic Load:11.43, Inflammation Score:-6, Nutrition Score:11.312608843264%

## Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 288.92kcal (14.45%), Fat: 14.28g (21.96%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 31.16g (11.33%), Sugar: 8.5g (9.45%), Cholesterol: 29.29mg (9.76%), Sodium: 467.18mg (20.31%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.46g (12.92%), Vitamin C: 42.35mg (51.33%), Manganese: 0.58mg (28.84%), Selenium: 14.17µg (20.25%), Vitamin B1: 0.28mg (18.7%), Folate: 67.85µg (16.96%), Phosphorus: 153.53mg (15.35%), Fiber: 3.36g (13.43%), Vitamin B2: 0.23mg (13.34%), Vitamin B3: 2.56mg (12.81%), Iron: 2.2mg (12.22%), Calcium: 116.64mg (11.66%), Vitamin A: 398.85IU (7.98%), Potassium: 213.31mg (6.09%), Magnesium: 23.34mg (5.83%), Vitamin K: 5.94µg (5.66%), Copper: 0.09mg (4.69%), Vitamin B6: 0.08mg (4.03%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.34mg (3.4%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.06µg (1.06%)