



A Nutrition Resource



TORTILLA SNOWFLAKES

Yield: 2 Servings | Serving Size: 1 tortilla

Cost/serving: \$0.34

Ingredients:

- 2 (8-inch) whole wheat tortillas
- Cooking spray
- 2 teaspoons sugar
- 1/4 teaspoon cinnamon (optional)
- Low-fat or nonfat yogurt (optional)

Directions:

- 1) Preheat oven to 400°F.
- 2) Warm tortillas in microwave until soft and pliable.
- 3) Fold into quarters or eighths. Use scissors to cut out shapes. Unfold.
- 4) Place tortillas on foil-lined baking sheet and spray with cooking spray (1 second spray per tortilla). Combine sugar and cinnamon if using cinnamon. Sprinkle with sugar (or cinnamon sugar).
- 5) Bake 5 minutes or until golden brown around the edges.
- 6) Cool until easy to handle. Eat plain or dip in yogurt.

Nutrition Facts

2 servings per container
Serving size 1 tortilla (49g)

Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D --mcg	--%
Calcium 80mg	6%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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