

Dessert Nachos

	olive oil spray
1/3 cup	sucanat sweetener
1 teaspoon	cinnamon
8	fat free, whole wheat tortillas
1 cup	orange segments, diced
2 cups	strawberries, diced
2 large	kiwi fruits, peeled and diced
1 8 ounce package	reduced- fat Neufchatel cream cheese, softened
1/2 cup	fresh orange juice
3 tablespoons	honey

Preheat oven to 500 degrees F. Lightly coat a baking sheet with spray. In shallow bowl, mix sweetener and cinnamon. Dip tortillas one at a time in water and let them drain briefly. Stack tortillas and cut them into 6 or 8 wedges. Dip one side of each wedge in cinnamon mixture. Arrange wedges in a single layer, cinnamon side up, on prepared baking sheet. Bake until crisp and golden approximately 4-5 minutes. Let chips cool and store them in an airtight container for up to 3 days. Combine fruit to make salsa. You may vary fruit as desired. In a food processor, combine the cream cheese, orange juice and honey and process until smooth.. Mound the chips on a platter. Offer sauce and salsa to spoon over chips.

Servings: 8

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

olive oil spray

sucanat sweetener

cinnamon

Amount Per Serving	
Calories	236.67
Calories From Fat (31%)	72.23
	% Daily Value
Total Fat 8.05g	12%
Saturated Fat 3.95g	20%
Cholesterol 16.80mg	6%
Sodium 293.85mg	12%
Potassium 304.64mg	9%
Carbohydrates 35.53g	12%
Dietary Fiber 3.02g	12%
Sugar 14.36g	
Sugar Alcohols 0.00g	
Net Carbohydrates 32.51g	
Protein 6.69g	13%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
olive oil spray	Not linked
1/3 cup sucanat sweetener	Not linked
1 teaspoon cinnamon	Not linked
8 fat free, whole wheat tortillas	8 x 1 medium tortilla (approx 6" dia) of Tortillas, ready-to-bake or -fry, flour
1 cup orange segments, diced	1 x 1 cup, sections of Oranges, raw, all commercial varieties
2 cups strawberries, diced	2 x 1 cup, halves of Strawberries, raw
2 large kiwi fruits, peeled and diced	2 x 1 large fruit, without skin of Kiwi fruit, (chinese gooseberries), fresh, raw
1 8 ounce package reduced- fat Neufchatel cream cheese, softened	1 x 1 cup of Cheese, cream, low fat
1/2 cup fresh orange juice	0.50 x 1 cup of Orange juice, raw
3 tablespoons honey	3 x 1 tablespoon of Honey, strained or extracted

Cooking Tips

According to Ann Louise Gittleman, Ph.D., C.N.S., "Dehydrated cane-juice crystals, sold under the commercial name, Sucanat, are the easiest sweetening substitute for people who are used to white sugar. Made by evaporating the water from sugarcane juice, Sucanat contains the nutrients that naturally occur in sugarcane. It can be used in the same amount as the sugar required in a recipe, but be careful with it. Most recipes use entirely too much sugar, and even in small amounts, Sucanat can cause adverse symptoms in anyone who is allergic to cane sugar." One teaspoon of Sucanat = 14 calories with 3 grams of sugar, and 10 mg of sodium.

