

WGR Cinnamon Nachos

Recipe Component: Grain/ fruit

Recipe Category: snack

Recipe #

| Ingredients | 50 Servings | | _____ Servings | | Directions |
|--|-------------|------------------------------|----------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| WGR tortillas (6-inch) OR WGR tortillas (8-inch) | | 50 each OR 34 each | | | <p>1. Preheat convection oven to 325°F or conventional oven to 350°F. If using convection oven, turn fan to low or off position to prevent parchment paper from blowing off pans.</p> <p>2. Line sheet pans with parchment paper. For 50 servings, use 4 pans.</p> <p>3. Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each tortilla with 1/2 teaspoon of the cinnamon sugar.</p> <p>4. Cut each tortilla into wedges with a pizza cutter or knife. For 6-inch tortilla cut into 6 wedges; for a 8-inch tortilla cut into 9 wedges.</p> <p>5. Bake until crisp, about 11 minutes (watch carefully to prevent burning).</p> <p>6. For 1-5 year old: Serve 3 wedges with 1/2 cup fruit</p> <p>7. For 6-18 year old: Serve 6 wedges with 3/4 cup fruit</p> |
| Granulated sugar | | 1/4 cup + 2 Tbsp | | | |
| Ground cinnamon | | 1/4 cup | | | |
| Mixed fruit salad (based on age: see production calculator) 1-5 years | | | | | |
| | | | | | |

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Notes: Nutrient information calculated using Food Processor. Nutrient analysis does not include fruit

Serving: One 6-inch tortilla provides 1 oz grains

1-2 years: 1/2 tortilla (3 wedges) plus 1/2 c fruit

3-5 years: 1/2 tortilla (3 wedges) plus 1/2 c fruit

6-18 years: 1 tortilla (6 wedges) plus 3/4 c fruit

Serving: Two-thirds of a 8-inch tortilla provides 1 oz grains

1-2 years: 1/3 tortilla (3 wedges) plus 1/2 c fruit

3-5 years: 1/3 tortilla (3 wedges) plus 1/2 c fruit

6-18 years: 2/3 tortilla (6 wedges) plus 3/4 c fruit



Nutrients Per Serving (does not include fruit)

| | | | | | |
|---------------------|---------|----------------------|--------------|----------------------|------------------------|
| Calories | 93.54 | Saturated Fat | 0.68 g | Iron | 0.05 mg |
| Protein | 2.74 g | Cholesterol | 0 mg | Calcium | 6.25 mg |
| Carbohydrate | 16.54 g | Vitamin A | 0.09 RAE mcg | Sodium | 217.66 mg |
| Total Fat | 2.39 g | Vitamin C | 0.02 mg | Dietary Fiber | 2.37 g (2016 = 0.33 g) |