

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					

WGR Cinnamon Nachos

Food Component: Grain/ fruit

Recipe Category: snack

Recipe #

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)