

# Pocket Fruit Pies

Serves 4



## Ingredients:

- 4 (8 inch) flour tortillas
- 2 ½ cups canned sliced pears, drained
- ¼ teaspoon ground cinnamon
- 2 tablespoons brown sugar (or regular sugar)
- ⅛ teaspoon ground nutmeg (if you like)
- 2 tablespoons milk
- Sugar, to taste (if you like)

## Directions:

1. Preheat oven to 350 degrees F.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Chop pears into pieces.
4. In a small bowl, stir together brown sugar (or regular sugar) and cinnamon. If using nutmeg, add that too. Sprinkle over pears, tossing to coat.
5. Place ¼ of the pears on half of each tortilla.
6. Roll up the tortillas, starting at the end with the pears.
7. Place on an ungreased baking sheet and make small cuts to allow steam to escape. Brush with milk. If using sugar, sprinkle on top.
8. Bake in oven for 8 to 12 minutes or until lightly brown.
9. Serve warm or cool.

Source: USDA Mixing Bowl, What's Cooking?, Household USDA Foods Fact Sheet, PEARS, Canned, Peeled, August 2012, Code: 100223

## Nutrition Facts

|   |            |
|---|------------|
| 4 servings per container  |            |
| <b>Serving size 1 Pocket Fruit Pie (202g)</b>   |            |
| <b>Amount per serving</b>   |            |
| <b>Calories</b>   | <b>260</b> |
| <b>% Daily Value*</b>   |            |
| <b>Total Fat 4g</b>   | <b>5%</b>  |
| Saturated Fat 1.5g  | <b>8%</b>  |
| Trans Fat 0g  |            |
| <b>Cholesterol 0mg</b>  | <b>0%</b>  |
| <b>Sodium 420mg</b>   | <b>18%</b> |
| <b>Total Carbohydrate 53g</b>   | <b>19%</b> |
| Dietary Fiber 2g  | <b>7%</b>  |
| Total Sugars 24g  |            |
| Includes 6g Added Sugars  | <b>12%</b> |
| <b>Protein 5g</b>   |            |
| Vitamin D 0mcg  | 0%         |
| Calcium 18mg  | 2%         |
| Iron 0mg  | 0%         |
| Potassium 96mg  | 2%         |
| *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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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

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