

U.S. Aged Provolone and Dried Fruit Triangles

The dried fruit and aged provolone create a unique sweet and savory combination!



INGREDIENTS

(Makes 32 triangles)

Olive Oil	20ml
Garlic, minced	6g
Flour Tortillas, 20cm	4
Apricots, dried, chopped small	20g
Dates, dried, chopped small	20g
Cherries, dried, chopped small	20g
Bacon, cooked and chopped	100g
U.S. Aged Provolone, shredded	360g
Scallions, sliced	12g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	370	Calories from Fat	210
Total Fat	23g		35%
Saturated Fat	11g		55%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	720mg		30%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	20g		

Vitamin A 15% • Vitamin C 0%
Calcium 40% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories	370kcal
Total Fat	23g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	48mg
Total Carbohydrates	20g
Dietary Fiber	2g
Sugars	5g
Protein	20g
Calcium	406mg
Magnesium	25mg
Phosphorus	346mg
Potassium	239mg
Sodium	724mg
Iron	1mg
Vitamin A	667IU
Vitamin C	0mg

PREPARATION

1. Pre-heat oven to 220°C (430°F).
2. In a small bowl mix together olive oil and garlic.
3. Lay tortillas out on pizza screens and brush with olive oil mixture.
4. Top evenly with dried fruits and bacon.
5. Divide the aged provolone into four and sprinkle on top.
6. Sprinkle on the scallions last and bake on lower rack for 6-7 minutes or until crispy.
7. Cut into 8 triangles and serve.

Note: Try other dried fruits for different tastes; pineapple, cranberries or mangos work as well.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.