



A Nutrition Resource

WHOLE WHEAT TORTILLAS

Yield: 8 Servings | Serving Size: 1 Tortilla
Cost/Serving: \$0.06

Ingredients:

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 Tablespoons vegetable oil
- 1/2 to 3/4 cup warm water (105°F to 110°F)

Directions:

- 1) In a large bowl, combine flour, baking powder, and salt.
- 2) Add oil and mix with a fork or wooden spoon until crumbly.
- 3) Add 1/2 cup of water and stir with a fork or wooden spoon. Then add 1 Tablespoon of the remaining water at a time, mixing until you can form a loose, crumbly ball with your hands.
- 4) Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
- 5) Divide into 8 balls. Using a rolling pin, lightly flour a rolling surface and roll each piece into a roughly 8" circle. Continue dusting the surface with flour as you go so that the dough does not stick to the surface or to the rolling pin.
- 6) Heat a 12-inch dry skillet over medium-high heat. Place one tortilla at a time into a skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned. You may need to adjust the heat of the

stove downward as you go, and occasionally brush out any crumbs in the pan with a paper towel, so that they do not burn.

Tip: The thicker the bottom of the skillet is, the more evenly the tortilla will cook. A cast iron skillet is an excellent kind to use.



Nutrition Facts

8 servings per container

Serving size 1 tortilla (49g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 109mg 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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