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Soft Corn Tortillas for Kid's Taco

Soft corn tortillas that are perfect for kid's tacos. These tortillas have a mild flavor and a soft texture, making them easy to eat and enjoy. They are made with simple ingredients and are a great alternative to store-bought tortillas.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Corn Flour
300 ml	Water
1 tsp	Salt

Directions

Step 1

Mixing

In a mixing bowl, combine the corn flour and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Slowly add water to the corn flour mixture while stirring continuously.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Kneading

Knead the dough until it becomes smooth and elastic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rolling

Divide the dough into small balls and flatten each ball into a tortilla shape.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Pan

Heat a non-stick pan over medium heat and cook each tortilla for 1-2 minutes on each side.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 22 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	2 g	5.26%	8%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	4 mg	50%	22.22%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Mexican

Course

Main Dishes

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cutting

Cut

Serving

Meal Type

Breakfast

Snack

Supper

Difficulty Level

Medium

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