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Flour Tortilla

Flour tortillas are a type of unleavened bread made from wheat flour. They are a staple in Mexican cuisine and are commonly used to make burritos, tacos, and quesadillas. The dough is rolled into thin circles and cooked on a hot griddle until puffed and lightly browned. Flour tortillas are versatile and can be filled with a variety of ingredients to create delicious and satisfying meals.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 10 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	All-Purpose Flour
1 tsp	Salt
1 tsp	Baking Powder
3 tbsp	vegetable oil

200 ml warm water

Directions

Step 1

In a large mixing bowl, combine the flour, salt, and baking powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the vegetable oil and warm water to the dry ingredients.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Kneading

Mix the ingredients until a dough forms. Knead the dough for 2-3 minutes until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Shaping

Divide the dough into 10 equal portions and shape each portion into a ball.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Rolling

On a lightly floured surface, roll each ball of dough into a thin circle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Grilling

Heat a griddle or large skillet over medium heat. Cook each tortilla for about 1 minute on each side, or until lightly browned and puffed.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Transfer the cooked tortillas to a plate and cover with a clean kitchen towel to keep them warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 110 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
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	140 mg	6.09%	6.09%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	40 mg	1.18%	1.54%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Saut eing

Roasting

Cooking

None

Stir-frying

Mashing

Preheating

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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