



Buckwheat and Yam Tortillas With Stir-Fry

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 cup broccoli
- 1 cup buckwheat flour
- 0.5 cup carrots thinly sliced
- 0.3 cup chicken stock see
- 0.5 teaspoon pepper
- 1 egg whites
- 1 teaspoon ginger fresh finely chopped

- 2 garlic clove chopped
- 3 spring onion
- 2 tablespoons honey
- 0.5 cup mushrooms sliced
- 0.5 cup mushrooms sliced
- 2 tablespoons cooking oil
- 0.5 cup onion sliced
- 4 tablespoons soya sauce
- 1 cup sugar snap peas
- 2 teaspoons wasabi
- 0.8 cup water
- 0.8 cup flour white
- 0.5 cup yam cooled cooked mashed
- 1 cup zucchini green yellow unpeeled cut in 3/4 inch cubes,

Equipment

- bowl
- frying pan
- blender
- plastic wrap
- wok
- wax paper
- rolling pin

Directions

- Tortillas:.
- Pour the buckwheat& white flour into a large bowl.Swirl the flour quickly with one hand as you pour in about 3/4 of the water.Now mix the flour& water with both hands by picking up chunks of the dough, squeezing it and dropping it back into the bowl; and flour are well

mixed.You may want to add the remaining water.The dough should be pliable but not too sticky.

- Mix the wasabi, egg white & yam.
- Add this to the dough and thoroughly work it in.If you have a heavy duty mixer blend in the yam using the dough blade, if not just keep mixing with your hands.If you are using a mixer continue to mix dough for approx 10 minutes or until the dough is shiny and forms a ball.If kneading by hand knead like you would bread dough and continue kneading until the dough is shiny & forms a ball.Wrap the dough in plastic wrap and let it rest at room temperature for 2 hours.Dust your counter (or board) with buckwheat flour and pinch off a 2/1/2" piece of dough, dust your rolling pin with buckwheat flour.Flatten the dough with you hand then roll to form a round 1/4" or thinner tortilla, roll out all the dough placing a piece of wax paper or plastic between the tortillas.Oil a skillet and over medium High heat brown both sides of the tortilla, approx 2 minutes per side.
- Mix all the sauce ingredients in a bowl and set aside.Stir Fry:..Have all your ingredients ready prepared.
- Heat wok Or skillet to approx 375F.
- Add oil, add carrots, swish around for 3 minutes.
- Add Onions, Mushrooms, ginger & Garlic, stir fry 3 minutes.
- Add broccoli, peas and zucchini.Stir fry until the vegetables are heated through but still crisp.
- Pour in the sauce and stir, cover and simmer 3 minutes.
- Serve with warm tortillas on the side.

Nutrition Facts

PROTEIN 12.8% **FAT 20.31%** **CARBS 66.89%**

Properties

Glycemic Index:126.47, Glycemic Load:22.19, Inflammation Score:-10, Nutrition Score:24.733043478261%

Flavonoids

Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.69mg, Quercetin: 6.69mg,

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Nutrients (% of daily need)

Calories: 375.33kcal (18.77%), Fat: 8.8g (13.54%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 57.96g (21.07%), Sugar: 15.62g (17.36%), Cholesterol: 0.45mg (0.15%), Sodium: 1075.47mg (46.76%), Protein: 12.48g (24.97%), Vitamin A: 3260.87IU (65.22%), Manganese: 1.2mg (59.97%), Vitamin C: 38.88mg (47.13%), Vitamin K: 47.41µg (45.16%), Vitamin B1: 0.45mg (30.26%), Magnesium: 117.93mg (29.48%), Fiber: 7.27g (29.07%), Vitamin B3: 5.8mg (29.01%), Folate: 109.59µg (27.4%), Vitamin B2: 0.44mg (25.95%), Vitamin B6: 0.5mg (25.04%), Phosphorus: 238.65mg (23.86%), Iron: 4.1mg (22.8%), Potassium: 796.61mg (22.76%), Selenium: 15.02µg (21.46%), Copper: 0.42mg (20.92%), Vitamin E: 1.88mg (12.55%), Zinc: 1.77mg (11.79%), Vitamin B5: 1.14mg (11.41%), Calcium: 70.34mg (7.03%)