

# Whole Wheat Wraps

 Vegetarian  Vegan  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon salt
- 1 cup water
- 4 cups flour whole wheat

## Equipment

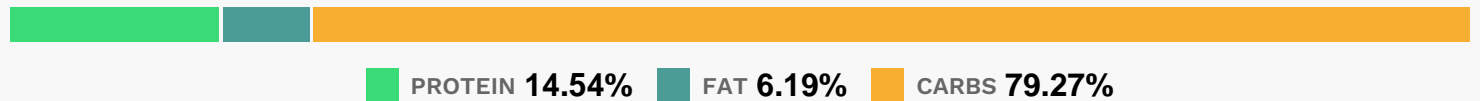
- bowl
- frying pan
- grill

wax paper

## Directions

- In a large bowl, stir together flour, salt and baking powder.
- Pour in water; stir to combine.
- Mix in additional water in 1 tablespoon increments, until a soft pliable dough is formed.
- Knead briefly on a lightly floured surface. Divide dough into 16 equal pieces. Cover and let rest for 20 minutes.
- Flour each ball well, place between two pieces of wax paper and roll out to desired size and thickness.
- Heat an ungreased skillet or frying pan over medium-high heat. Peel away wax paper and grill rounds until brown flecks appear underneath. Turn and cook other side.
- Serve warm or cool and store in an airtight container in the refrigerator or freezer.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:7.7052174231604%

## Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 0.75g (1.15%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 18.4g (6.69%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 153.31mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Manganese: 1.22mg (61.02%), Selenium: 18.54µg (26.49%), Fiber: 3.21g (12.84%), Phosphorus: 108.47mg (10.85%), Magnesium: 41.27mg (10.32%), Vitamin B1: 0.15mg (10.04%), Vitamin B3: 1.49mg (7.44%), Copper: 0.13mg (6.27%), Vitamin B6: 0.12mg (6.11%), Iron: 1.09mg (6.05%), Zinc: 0.78mg (5.21%), Folate: 13.2µg (3.3%), Potassium: 108.94mg (3.11%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.18mg (1.81%), Calcium: 14.41mg (1.44%), Vitamin E: 0.21mg (1.42%)