



Fresh Corn Tortillas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups masa () (corn tortilla mix; preferably Maseca brand)
- ☐ 24 servings vegetable oil (for brushing)

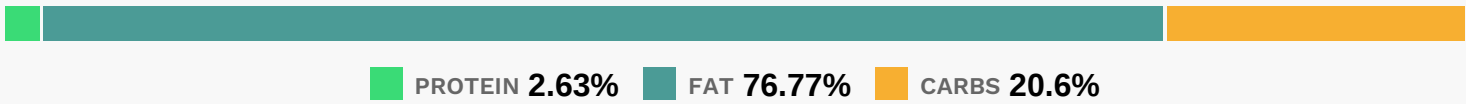
Equipment

- ☐ bowl
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Whisk masa and salt in a medium bowl. Stir in 1 1/2 cups water; knead in bowl until dough forms. The dough should feel firm and springy and look slightly dry (think Play-Doh).
- ☐ Add more water by tablespoonfuls if too crumbly; add a little more masa if too wet.
- ☐ Measure 1 heaping tablespoon dough and roll into a ball. Flatten on a tortilla press lined with a plastic bag. If tortilla crumbles, dough is too dry (add more water); if it sticks to the plastic, dough is too wet (add more masa). Repeat, pressing out 2 more tortillas.
- ☐ Heat a large cast-iron skillet over medium-high heat; lightly brush with oil. Cook 2-3 tortillas until charred in spots and edges start to curl, 1-2 minutes. Turn; cook through, about 15 seconds.
- ☐ Transfer to a kitchen towel; fold over to keep warm. Repeat, in batches, with remaining dough.

Nutrition Facts



Properties

Glycemic Index: 2.1, Glycemic Load: 3.81, Inflammation Score: -1, Nutrition Score: 2.849130452732%

Nutrients (% of daily need)

Calories: 166.74kcal (8.34%), Fat: 14.56g (22.4%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 7.55g (2.75%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 57.32mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.2mg (8%), Phosphorus: 61.91mg (6.19%), Fiber: 1.24g (4.97%), Magnesium: 14.2mg (3.55%), Manganese: 0.06mg (3.22%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.26mg (1.72%), Selenium: 1.2µg (1.72%), Calcium: 16mg (1.6%), Copper: 0.03mg (1.52%), Vitamin B3: 0.3mg (1.48%), Iron: 0.25mg (1.37%), Vitamin B1: 0.02mg (1.24%), Potassium: 36.68mg (1.05%)