



Gluten Free Tortillas



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- 25 g bob's mill garbanzo bean flour
- 100 g cornstarch gluten-free
- 2 eggs
- 0.5 teaspoon salt
- 2 teaspoons tapioca flour
- 360 ml water

Equipment

Nutrition Facts



■ PROTEIN 11.34% ■ FAT 15.19% ■ CARBS 73.47%

Properties

Glycemic Index:15.25, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:3.7226086956522%

Nutrients (% of daily need)

Calories: 154.23kcal (7.71%), Fat: 2.52g (3.88%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 26.56g (9.66%), Sugar: 0.76g (0.84%), Cholesterol: 81.84mg (27.28%), Sodium: 332.68mg (14.46%), Protein: 4.24g (8.47%), Selenium: 7.97µg (11.39%), Folate: 37.65µg (9.41%), Phosphorus: 66.82mg (6.68%), Vitamin B2: 0.11mg (6.3%), Manganese: 0.12mg (6.01%), Copper: 0.1mg (5%), Iron: 0.82mg (4.56%), Vitamin B5: 0.38mg (3.75%), Magnesium: 14.67mg (3.67%), Fiber: 0.9g (3.6%), Vitamin B6: 0.07mg (3.41%), Vitamin B12: 0.2µg (3.26%), Zinc: 0.48mg (3.23%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.61%), Vitamin A: 121.36IU (2.43%), Potassium: 84.25mg (2.41%), Vitamin E: 0.28mg (1.89%), Calcium: 18.51mg (1.85%)