Homemade Corn Tortillas

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	8	104 kcal

SIDE DISH

Ingredients

- [ ] 2 cups corn masa mix (see Note)
- [ ] 1.5 cups warm water

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] wooden spoon
- [ ] kitchen towels
- [ ] spatula

Directions

- [ ] Combine the masa mix and warm water in a medium bowl, mixing until a soft dough forms. You can use a wooden spoon for mixing, but you will have better results if you use your hands. Turn the dough out onto a floured surface and knead until it is smooth.
- [ ] If the dough seems dry, add more water, a tablespoon at a time, as necessary.
- [ ] To form the tortillas, one at a time, pinch off small handfuls (about 3 tablespoons) of the dough and roll each one between the palms of your hands into a ball. Cover the dough balls with a damp cloth as you form them, to keep them from drying out.
- [ ] Lay one side of the plastic over the bottom of the press, place a ball of dough in the center, and fold the other side of the plastic over the dough. Shut the top of the tortilla press firmly down on the dough to shape the tortilla. (See Note.)
- [ ] Heat a griddle until hot.
- [ ] Place a tortilla on the griddle and cook for 1 1/2 minutes. Using a spatula, flip it over and continue to cook, flipping it occasionally, until both sides are covered with small brown spots.
- [ ] Transfer to a plate and cover with a kitchen towel to keep warm while you cook the remaining tortillas, stacking the finished tortillas on the plate.
- [ ] Serve immediately.
- [ ] If you can't get your hands on a tortilla press, a clean countertop will do. You will still need the plastic so that the dough does not stick to the counter.
- [ ] Place a dough ball on one side of the plastic, cover with the other side, and use a heavy skillet to press out the tortilla. Masa mix can be found at Latin markets and some larger supermarkets.
- [ ] Taste
- [ ] Book, using the USDA Nutrition Database

Nutrition Facts

PROTEIN **9.85%** FAT **9.21%** CARBS **80.94%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.8995652224707%

Nutrients (% of daily need)

Calories: 104.03kcal (5.2%), Fat: 1.1g (1.69%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 19.92g (7.24%), Sugar: 0 (0%), Cholesterol: 0mg (0%), Sodium: 3.64mg (0.16%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin B1: 0.42mg (28.02%), Folate: 59.56µg (14.89%), Vitamin B3: 2.83mg (14.15%), Vitamin B2: 0.23mg (13.5%), Iron: 2.13mg (11.86%), Fiber: 1.82g (7.3%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.95mg (6.74%), Manganese: 0.13mg (6.37%), Phosphorus: 60.99mg (6.1%), Selenium: 3.99µg (5.7%), Calcium: 40.09mg (4.01%), Zinc: 0.52mg (3.45%), Copper: 0.06mg (2.92%), Potassium: 74.96mg (2.14%), Vitamin A: 60.99IU (1.22%)