

# Homemade Flour Tortillas

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons double-acting baking powder
- 4 cups flour all-purpose
- 1 teaspoon salt
- 1.5 cups water
- 2 tablespoons frangelico
- 2 tablespoons frangelico

## Equipment

- frying pan

- whisk
- mixing bowl
- rolling pin

## Directions

- Whisk the flour, salt, and baking powder together in a mixing bowl.
- Mix in the lard with your fingers until the flour resembles cornmeal.
- Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a ball.
- Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla.
- Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side.
- Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

## Nutrition Facts

 **PROTEIN 11.57%**  **FAT 2.47%**  **CARBS 85.96%**

## Properties

Glycemic Index:6.96, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:2.9969565056912%

## Nutrients (% of daily need)

Calories: 76.01kcal (3.8%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.43g (5.61%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 133.38mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin B1: 0.16mg (10.9%), Selenium: 7.06µg (10.09%), Folate: 38.13µg (9.53%), Manganese: 0.14mg (7.12%), Vitamin B3: 1.23mg (6.15%), Vitamin B2: 0.1mg (6.05%), Iron: 1mg (5.58%), Phosphorus: 29.8mg (2.98%), Calcium: 23.22mg (2.32%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.62%), Magnesium: 4.82mg (1.21%)