



## How to Make Homemade Flour Tortillas

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1.8 cups flour all-purpose
- 0.8 teaspoon salt
- 0.3 cup vegetable shortening
- 0.5 cup water hot

### Equipment

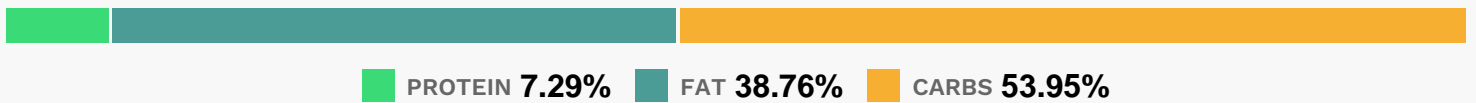
- bowl
- frying pan

- whisk
- cutting board
- pastry cutter

## Directions

- Whisk flour, salt, and baking powder together in a large bowl.
- Add vegetable shortening and work into flour mixture using a pastry cutter until it resembles coarse crumbs.
- Form a well in the middle of flour mixture and mix in hot water. Work flour and water mixture together with a fork and transfer to a cutting board.
- Knead until a smooth, soft dough is formed, about 3 minutes.
- Add more flour if dough is too sticky.
- Place more flour on cutting board, cover dough with bowl, and let rest for 15 minutes.
- Cut ball of dough into eight equal parts and cover until needed.
- Roll out balls of dough either by hand or with a tortilla press.
- Heat a large skillet over medium-high heat.
- Place flattened tortilla in skillet and cook until it begins to bubble, about 1 minute. Flip tortilla over and cook for an additional minute. Flip again and cook for 1 more minute. Repeat with remaining dough.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:15.13, Inflammation Score:-2, Nutrition Score:4.0926086617553%

## Nutrients (% of daily need)

Calories: 156.23kcal (7.81%), Fat: 6.67g (10.27%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 20.16g (7.33%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 232.81mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Vitamin B1: 0.22mg (14.4%), Selenium: 9.27µg (13.24%), Folate: 50.04µg (12.51%), Manganese: 0.19mg (9.35%), Vitamin B3: 1.61mg (8.07%), Vitamin B2: 0.14mg (7.95%), Iron: 1.29mg (7.16%), Vitamin K: 3.49µg (3.32%), Phosphorus: 32.27mg (3.23%), Fiber: 0.74g (2.95%), Vitamin E: 0.41mg

(2.73%), Copper: 0.04mg (2.1%), Vitamin B5: 0.16mg (1.63%), Magnesium: 6.2mg (1.55%), Zinc: 0.19mg (1.29%), Calcium: 12.09mg (1.21%)