



Tere's White Flour Tortillas

READY IN



45 min.

SERVINGS



18

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 cups flour all-purpose
- ☐ 1 tablespoon nonfat milk dry
- ☐ 2 teaspoons salt
- ☐ 6 tablespoons vegetable shortening
- ☐ 1.5 cups water hot

Equipment

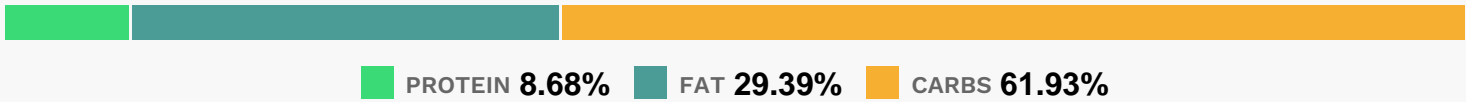
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl.
- ☐ Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal; make a well in center of mixture.
- ☐ Combine hot water and dry milk, and add to flour mixture. Stir until blended. Cover and let rest 20 minutes.
- ☐ Divide dough into 18 equal portions, shaping each portion into a ball (cover remaining dough to prevent drying).
- ☐ Roll each ball into a 7-inch round.
- ☐ Heat a cast-iron skillet over medium-high heat. Cook each round 1 minute on each side or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:15.45, Inflammation Score:-2, Nutrition Score:4.3213043730382%

Nutrients (% of daily need)

Calories: 140.57kcal (7.03%), Fat: 4.54g (6.99%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.79g (7.56%), Sugar: 0.29g (0.32%), Cholesterol: 0.08mg (0.03%), Sodium: 309.44mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin B1: 0.22mg (14.71%), Selenium: 9.53µg (13.62%), Folate: 51.04µg (12.76%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.14mg (8.45%), Vitamin B3: 1.64mg (8.22%), Iron: 1.34mg (7.47%), Phosphorus: 43.77mg (4.38%), Calcium: 36.33mg (3.63%), Fiber: 0.75g (3%), Vitamin K: 2.35µg (2.24%), Copper: 0.04mg (2.18%), Vitamin E: 0.28mg (1.85%), Magnesium: 6.89mg (1.72%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.21mg (1.43%), Potassium: 37.32mg (1.07%)