



# Whole Wheat Tortillas

16 Servings • 1 Serving = 1 Tortilla

## INGREDIENTS

- 2 ½ cups white whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ½ cup olive oil
- 1 cup warm water

## DIRECTIONS

1. Combine the flour, salt, and baking powder in a large bowl.
2. Add in the olive and combine with hands until crumbly.
3. Pour in the water, let sit for a few seconds, and slowly start to knead. Continue working the dough until a soft doughy mass forms. Do not overmix.
4. Gather the dough into a ball and spread a thin layer of oil all over. Wrap in plastic wrap and let rest for a 30 minutes.
5. Divide the dough by cutting it in half, then into four, making 16 equal-sized portions. Roll the dough into small balls, press down lightly, and roll out with a rolling pin into thin circles.
6. Heat a skillet or griddle over medium heat. Cook each tortilla on one side until lightly browned, flip, and brown the other side. Remove from heat.

## Nutrition Facts

16 servings per container	
Serving size 1 tortilla	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 14g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 100mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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