

Tortillas, Whole-Grain, Frozen

MyPlate Food Group: **Grain**



Product Description

- Whole grain tortillas are made from whole wheat flour or a combination of whole wheat and enriched wheat flour.

Storage

- Store whole grain tortillas frozen at 0°F or below until ready to prepare.

Uses and Tips

- Whole grain tortillas can be used for wraps, burritos, soft tacos, and quesadillas.
- Whole grain tortillas can also be cut up and baked to make a crunchy soup or salad topping.

Nutrition Information

- 1 whole grain tortilla is about 1 ½ ounces in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation for the amount of grains to eat is about 6 ounces. At least half of this amount should be whole grains.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 tortilla (44g)

Amount Per Serving

Calories 120 **Calories from Fat** 40

-% Daily Value*

| | |
|-------------------------------|--------------|
| Total Fat 3g | 4% |
| Saturated Fat 1.5g | 6% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 220mg | 9% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 2g | 8% |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 10% | Iron 8% |

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

15-Minute Enchiladas

Makes about 8 servings

Ingredients

- nonstick cooking spray
- 3 cups chili without beans, 1 can, about 24 ounces (if you have)
- 1 1/2 cups canned refried beans, low-sodium, non-fat
- 2 cups low-fat Cheddar or Monterey jack cheese (shredded)
- 8 whole grain tortillas

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.

Recipe adapted from Food.com

Home Run Hummus Wrap

Makes about 6 servings

Ingredients

- 6 whole grain tortillas
- 1 1/2 cups prepared hummus
- 1 cup red bell pepper, cut into 1/4-inch strips
- 1/2 cup carrots, grated
- 1 1/2 cups baby spinach leaves (if desired)

Directions

1. Place the 6 tortillas on a clean surface.
2. Place 1/4 cup of hummus in the center of each tortilla. Use a butter knife to spread the hummus evenly from side to side across the center of the tortilla.
3. Top the hummus with 4-6 red pepper strips and 1/4 cup grated carrots.
4. Divide the spinach leaves evenly between each tortilla, arranging the leaves over the top of the vegetables.
5. Fold the bottom edge of the tortilla up and over the vegetables, and then continue rolling up to the top edge.
6. Cut each wrap diagonally across the center width of the wrap.
7. Place both halves on a plate to serve.

Recipe adapted from Summer Food, Summer Moves via www.whatscooking.fns.usda.gov