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Our Heart "Beets" Plant Strong

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Oil Free Corn Tortilla

Ingredients:

- 2 cups Masa flour (Maseca® Brand)
- 1 ½ cups water

Directions:

1. Mix water and flour together for 2 minutes until you form a soft dough (if dough feels dry, add teaspoons of water one at a time)
2. Divide dough into 6 balls, cover with a damp cloth to keep soft
3. Place dough ball between two pieces of parchment paper and press, using a large bowl to help spread the dough out into a flat tortilla shape
4. Heat a nonstick skillet to medium heat, peel tortilla from parchment paper and cook for 30 seconds on each side, turning the tortilla 3 times
5. Cover cooked tortillas with damp cloth napkin to keep soft and warm while you make the remainder of your tortillas

***Recipe makes 6 tortillas**

***Serving = 1 tortilla**

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 147	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 127 mg	4 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 3 g	11 %
Sugars 1 g	
Protein 4 g	8 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	