



Food Face-Off

Flour Tortillas vs. Corn Tortillas

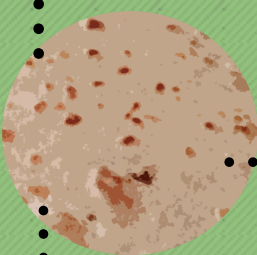
Flour

6 inch tortilla

Nutrition Facts

Total Fat 2g
Carbohydrates 15g
Protein 2g
Sodium 210mg
Dietary Fiber 1g

90 Calories



Provides 4% of daily value for fiber

9% of folic acid intake

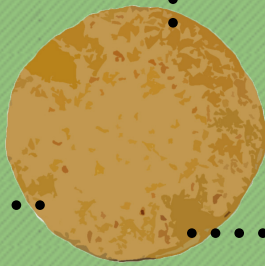
Corn

6 inch tortilla

Nutrition Facts

Total Fat 0.5g
Carbohydrates 11g
Protein 1g
Sodium 10mg
Dietary Fiber 2g

50 Calories



Provides 8% of daily value for fiber

Very Low Sodium!

Cooking with tortillas

- Flour tortillas contain gluten, which helps keep their shape.
- Corn tortillas should be warmed before used in recipes to prevent breaking.
- Lower calorie corn tortilla chips can be made by lightly spraying corn tortillas with cooking spray, then baking them until crisp.

Our Pick: Corn Tortillas

- Corn tortillas are lower in calories and higher in dietary fiber.
- Corn tortillas have about 95% less sodium than flour tortillas.
- Corn allergies are relatively rare, but can be serious. If you have a corn allergy, then flour tortillas are the safer choice.

Corn tortillas are great if you are watching your calories, fat, and sodium. However, flour may be easier when cooking with its texture and softness. Whichever you choose make sure you check the size, servings, and calories for the best option!

Sources: ESHA Nutrition Database (Accessed 4/15).

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