



TORTILLAS, WHOLE GRAIN

Date: October 2016

Code: 110741

PRODUCT DESCRIPTION

This item is 8 inch wheat tortillas that are made from whole wheat flour or a combination of whole wheat and enriched wheat flour. This product is delivered frozen in cases containing twelve packages with 24 tortillas each.

PACK/YIELD

- 110741: 24/1 pound packages

STORAGE

- Store whole grain tortillas frozen at 0°F or below.
- Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
- Look at dates indicated on the package before use.

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 counts as 1 oz. equivalent for grains
- The recommended amount of grains is 6 oz. equivalent per day. At least half of this amount should come from whole grains.

FOOD SAFETY INFORMATION

- Visually inspect for presence of foreign substances, insects, or mold before use.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/
- www.whatscooking.fns.usda.gov

NUTRITION FACTS

Serving size: 1 - 8 inch tortilla (44g)

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 3 g	0%
Saturated Fat 1.5 g	0%
<i>Trans</i> Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate 21 g	7%
Dietary Fiber 2 g	1%
Sugars 1 g	
Protein 3.0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 100mg	Iron 1 mg

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

15-MINUTE ENCHILADAS

MAKES 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.

Nutrition Information for 1 enchilada			
Calories	310	Cholesterol	55 mg
Calories from Fat		Sodium	500 mg
Total Fat	17 g	Total Carbohydrate	23 g
Saturated Fat	6 g	Dietary Fiber	4 g
		Sugar	16 g
		Protein	17 g
		Vitamin A	110 mcg RAE
		Vitamin C	270 mcg RAE
		Calcium	55 mg
		Iron	4 mg

Recipe adapted from Food.com via www.whatscooking.fns.usda.gov

HOME RUN HUMMAS WRAP

MAKES 6 SERVINGS

Ingredients

- 6 8-inch whole grain tortillas
- 1 1/2 cups Prepared hummus (if you have)
- 1 cup red bell pepper, cut into 1/4-inch strips (if you have)
- 1/2 cup carrots, grated

- 1 1/2 cups baby spinach leaves (if you have)

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.

Nutrition Information for 1 wrap			
Calories	249	Cholesterol	
Calories from Fat		Sodium	428 mg
Total Fat	9 g	Total Carbohydrate	33 g
Saturated Fat	2 g	Dietary Fiber	8 g
		Sugar	2 g
		Protein	10 g
		Vitamin A	582 RAE
		Vitamin C	23 mg
		Calcium	106 mg
		Iron	2 mg

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