



# USDA Foods in Schools

## 110394 - Tortillas, Whole Grain/Whole Grain-Rich Category: Grains (Whole Grain)



### 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, each with 24 tortillas.

### Crediting/Yield

- One case of product yields 288 tortillas.
- CN Crediting: 1 whole grain tortilla credits as 1.5 ounce equivalent of grains.

### Culinary Tips and Recipes

- Whole grain tortillas can be used for deli wraps, burritos, and quesadillas.
- Whole grain tortillas can also be cut up and baked to make a crunchy topping for soup or salad or a baked chip for dipping.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

### Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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## Nutrition Facts

Serving size: 8" whole grain tortilla

### Amount Per Serving

**Calories** 120

**Total Fat** 3g

Saturated Fat 1.5g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 220mg

**Total Carbohydrate** 21g

Dietary Fiber 2g

Sugars 1g

**Protein** 3g

Source: USDA Foods Vendor Labels

**Allergen Information:** Product contains wheat. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.