# Food Face-Off

## Flour Tortillas vs. Corn Tortillas

<table>
<thead>
<tr>
<th>Flour</th>
<th>Corn</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>90 Calories</td>
<td>50 Calories</td>
</tr>
<tr>
<td>Total Fat 2g</td>
<td>Total Fat 0.5g</td>
</tr>
<tr>
<td>Carbohydrates 15g</td>
<td>Carbohydrates 11g</td>
</tr>
<tr>
<td>Protein 2g</td>
<td>Protein 1g</td>
</tr>
<tr>
<td>Sodium 210mg</td>
<td>Sodium 10mg</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>Dietary Fiber 2g</td>
</tr>
</tbody>
</table>

- **Flour Tortillas**
  - Provides 4% of daily value for fiber
  - 90 Calories
  - Total Fat 2g
  - Carbohydrates 15g
  - Protein 2g
  - Sodium 210mg
  - Dietary Fiber 1g

- **Corn Tortillas**
  - Provides 8% of daily value for fiber
  - 50 Calories
  - Total Fat 0.5g
  - Carbohydrates 11g
  - Protein 1g
  - Sodium 10mg
  - Dietary Fiber 2g

- **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!