



# Product Profile

Pulse Flour Milling and Utilization Project | Cigi (Canadian International Grains Institute) | [cigi.ca](http://cigi.ca)



**Gluten-Free Tortilla  
Formulated with Whole Yellow  
Pea Flour and Pea Starch**

## Nutrition Facts for Gluten-Free Tortillas Formulated with Yellow Pea Flour

Nutrition Facts Valeur nutritive	
Serving Size (36 g) / Portion (36 g)	
Servings Per Container	
Portions par contenant	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 150</b>	
<b>Fat / Lipides 4.5g</b>	7%
Saturated / saturés 0.3g + Trans / trans 0g	2%
<b>Cholesterol / Cholestérol 0mg</b>	
<b>Sodium / Sodium 150mg</b>	6%
<b>Carbohydrate / Glucides 24g</b>	8%
Fibre / Fibres 3g	12%
Sugars / Sucres 0g	
<b>Protein / Protéines 3g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	4%

## Yellow Pea Flour in Gluten-Free Tortillas

Yellow pea flour is a gluten-free ingredient that is high in dietary fibre, protein, vitamins and minerals. Many gluten-free product formulations lack these macro and micro nutrients. Incorporating yellow pea flour into gluten-free tortilla formulations creates an opportunity to provide nutritional benefits for consumers. Understanding how yellow pea flour can change product formulations and processing requirements is necessary for success when incorporating yellow pea flour as a gluten-free ingredient.

### Tortilla Formulation and Processing

Gluten-free tortillas were prepared using whole yellow pea flour and pea starch, according to the formulation provided in Table 1.

The dry ingredients were combined and the oil was added and mixed by hand. The water was then incorporated by hand. A slightly sticky dough was formed and was left to rest for 5 minutes. After resting, dough balls were rounded and were immediately pressed using an aluminum hand tortilla press. The pressed tortilla balls were then further rolled out and were shaped to 7 inches using a pastry cutter. The tortillas were then cooked on a preheated griddle for 50 seconds per side.

**Table 1. Formulation for Gluten-Free Pea Flour Tortillas**

Ingredient	Amount (g)
Yellow pea flour	92.40
Pea starch	91.37
White rice flour	83.05
Xanthan gum	5.21
Baking powder	4.28
Table salt	1.40
Canola oil	32.73
Water	170.00

### CONTACT US

To learn more about the Cigi Pulse Milling Project or to discuss your application needs please contact:

**Heather Maskus, MSc**  
Project Manager  
Cigi Pulse Milling Project  
Tel: 204-984-3139  
[hmaskus@cigi.ca](mailto:hmaskus@cigi.ca)

**Lindsay Bourré, MSc**  
Technical Specialist  
Cigi Pulse Milling Project  
Tel: 204-984-1063  
[lboure@cigi.ca](mailto:lboure@cigi.ca)

### Project Partners and Funders

