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La Tortilla Factory's Sonoma Gluten Free Wheat Free Wraps

October 8, 11:18 AM Manchester Gluten Free Examiner Kim Hopkins

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Gluten free wraps that are not too dry, nor too chewy can be hard to find. Great taste is priority #1. If they can be healthy and contribute to a nutritionally-balanced gluten free diet, that's priority #2. La Tortilla Factory out of California seems to have accomplished both of these missions.



Gluten free wraps from La Tortilla Factory

The Sonoma Gluten Wheat Free Wraps are a real winner. They stay together, but are not rubbery. They have just the right amount of moisture content, and the taste is great - not too strong.

As for nutrition, they are made from whole grain ivory teff and millet. Each wrap contains 3g of dietary fiber and 2g of protein, with 10% of the RDA for calcium and 6% for iron. About teff from their website: "This ancient minute sized grain is widely cultivated in Ethiopia. It has an attractive nutrition profile, being high in dietary fiber, iron and providing some protein and calcium. It is similar to millet in cooking but the seed is much smaller. Teff has an excellent amino acid composition (including all 8 essential amino acids for humans) and has lysine levels higher than wheat. Because of this variety, it stimulates the flora of the large intestine."

The wraps are certified gluten free by the GFCO, do not contain dairy, trans fats, or artificial sweeteners. They are made with non-aluminum baking powder and are kosher. They are available at many major grocers as well as health food stores, and can be found in the refrigerated section.

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* The author of this article did not receive any product or compensation for this review. The author purchased the product for personal use.

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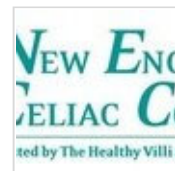
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