



Recipe from:  
**Honduras**



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## Honduran baleadas

4 servings

### Ingredients

2 cups	Wheat flour
1 teaspoon	Salt
1 teaspoon	Baking powder
2 tablespoon	Melted butter
3/4 cup	Water
Add to taste	Refried beans
Add to taste	Grated Cheese
Add to taste	Sour Cream
Add to taste	Cream butter

### Utensils

Large bowl  
Rolling pin  
Skillet or griddle  
Spatula

### Preparation

- Mix the wheat flour, salt, and baking powder in a large bowl.
- Add the melted butter and mix until the dough has a sandy texture.
- Gradually add the water, kneading until a soft and smooth dough is formed.
- Divide the dough into small balls and roll them out with a rolling pin to form circles approximately 15 cm (6 inches) in diameter.
- Cook the tortillas on a hot skillet or griddle for 1–2 minutes on each side, or until lightly browned. Do not use oil.
- Spread refried beans on each tortilla, sprinkle with grated cheese, and add one tablespoon of sour cream.
- Fold the tortilla in half and serve hot.



## The story of the original “baleada”

One of the most well-known—and most beloved—stories among Hondurans tells of a woman from La Ceiba who sold tortillas with beans and butter. Her food stand became known as “the baleada stand” because people said she had been “baleada” (shot during an armed attack), or because customers arrived “baleados,” meaning exhausted from work.

Over time, the name stuck and the recipe spread.

### When buying beans and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

### Check for:

- Expiration date if packaged
- Whole grains, without holes or insects
- No disinfectant smell

### Before cooking:

- Soak for 12 hours
- Discard the soaking water
- Cook with fresh water

Information available in *Legumes and the Potential of a Seed*.  
Request your copy (in spanish) here.

## Nutritional information

### Estimated nutritional value per serving

Calculations performed with NutrINCAP  
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)
425.78	12.72	102.88	4.15	48.3	180.27	1.2	0.09	23.16	0.75	0.58	0.38	4.07	0.12	262.12	0.27	90.17	14.34	7.39

Monounsaturated fat (g)	Polyunsaturated fat (g): 0.9	Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
4.77	0.9	31.44	59.92	2.2	3.34	368.71	973.06	0	96.25	98.36	87.78	21.57	0.3	0.07	1.01

Recipe obtained through INCAP Technical Cooperation in Honduras.



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