

Corn Tortilla vs Flour Tortilla (vsdiff.com)

Attribute	Corn Tortilla	Flour Tortilla
Primary grain	Nixtamalized corn (masa)	Wheat flour (all-purpose or enriched)
Key process	Nixtamalization (alkaline cooking)	Gluten development and fat incorporation
Typical texture	Denser, slightly grainy	Softer, more elastic
Flavor profile	Pronounced <i>corn</i> , nixtamal tang	Mild, slightly wheaty, buttery when lard/butter used
Common uses	Tacos, enchiladas, traditional regional dishes	Wraps, burritos, quesadillas, Tex-Mex staples
Allergen considerations	Generally gluten-free (if pure corn)	Contains gluten (wheat)
Shelf life (unrefrigerated)	Approximately <i>1-3 days</i> at room temp; longer refrigerated	Approximately <i>2-4 days</i> at room temp; formulations vary
Typical thickness	~1.5-3 mm	~1-4 mm (often larger for burritos)

Source: <https://vsdiff.com/corn-tortilla-vs-flour-tortilla/>