

# Best Keto & Paleo Tortillas, Taco Shells & Nachos

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per tortilla):** Total carbs: 7.3 g, Fiber: 5.7 g, **Net carbs: 1.5 g**,

Protein: 5.1 g, Fat: 14 g, Calories: 165 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 10 tortillas)

### Dry ingredients:

- 1 cup almond flour (100 g / 3.5 oz)
- 3/4 packed cup flaxmeal (ground flaxseed) (110 g / 4 oz)
- 1/4 cup coconut flour (30 g / 1.1 oz)
- 2 tbsp whole psyllium husks (8 g / 0.3 oz)
- 2 tbsp ground chia seeds (15 g / 0.5 oz)
- 1 tsp salt (I like pink Himalayan)

### Wet ingredients:

- 1 cup water, lukewarm (240 ml / 8 fl oz) + 2-4 tbsp if the dough is too dry
- 2 tbsp lard or extra virgin coconut oil or ghee (you can make your own) (30 g / 1.1 oz) - for greasing the pan

### Optional seasonings:

- 1 tsp paprika + 1/4 tsp chili powder (+ 0.1 g net carbs per serving) OR
- 1/2 tsp onion powder + 1/2 tsp garlic powder (+ 0.2 g net carbs per serving, my favourite!!!) OR
- 1/2 tsp curry powder + 1/4 tsp ground cumin + 1/4 tsp turmeric powder (+ 0.1 g net carbs) OR
- 1/2 tsp dried oregano + 1/2 tsp dried basil + 1/2 tsp dried thyme + 1/4 tsp dried lemon zest or 1 tsp fresh lemon zest (+ 0.1 g net carbs per serving) OR
- 1/4 cup pesto (only use 3/4 cup water). You can try my Red Pesto (+ 0.3 g net carbs per serving) or green Paleo Avocado Pesto (+ 0.6 g net carbs per serving)

Make sure you use a kitchen scale for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand or if you make your own ingredients (like flaxmeal from flaxseeds). You can make 10 regular

tortillas (8 inch / 20 cm), or 5 large tortillas (12 inch / 30 cm). If you roll them out really thin, you can make up to 12 regular tortillas.

## Instructions

1. Place the flaxmeal, coconut flour, almond flour and psyllium husks into a bowl. *For best results make sure you use whole psyllium husks. Using whole husks makes the tortillas more compact and flexible. This is different from my Ultimate Keto Buns where you need to use psyllium husk powder.*
2. Add any of your favourite seasonings.
3. Add the ground chia seeds. To grind them, use a blender and pulse until powdered. I prefer using my Bamix immersion blender with the dry mill because it's easy to clean. Pour in the water and mix until well combined using your hands. If needed, add a few more tablespoons of water. Be careful not to use too much, or the dough will get too sticky and difficult to roll. Let the dough rest in the fridge or on the kitchen counter for up to an hour.
4. Remove from the fridge and cut the dough into 6 equal pieces. Place a piece of the dough between two pieces of baking paper and roll out until the dough is very thin. Alternatively, use a nonstick silicon covered roller and a silicon mat like I did.
5. Use a 20 cm / 8 inch lid or bowl to cut out the tortillas.
6. Repeat with the remaining dough and the cut-offs until you get 10 tortillas. If you have any dough left, use it for making nachos.

### To make Tortillas:

Preheat a heavy-bottom pan greased with just 1 teaspoon of ghee or lard. Place the tortillas, one at a time, on top of the hot pan and cook over a medium heat on one side for 1-2 minutes until lightly browned. Turn on the other side and cook for 30-60 more seconds. Don't overcook or the tortillas will become too crispy and

will lose their flexibility. Grease more when needed and repeat for the rest of the tortillas.

### **To make Tortilla Bowls:**

Preheat the oven to 200 °C/ 400 °F. Place the raw tortillas over a small heat-resistant bowl lined with baking paper and fold the edges round it to create a bowl shape. Lining the bowl is very important to prevent the dough from sticking. Place in the oven and bake for about 10 minutes until the top is lightly browned.

### **To make Taco Shells:**

Cut small pieces of baking paper and place the tortillas on top. Place over a grid in the oven and turn the oven on. Make sure you make them wide enough so you can later fit the filling. Cook until the oven reaches 200 °C/ 400 °F and then cook for further 5-8 minutes or until crispy. First time I made them, they were quite narrow (see below) so I now use one more grid to fit more filling in without breaking the shell.

Once you have your taco shells done, you can use them in this recipe:

[Best Keto & Paleo Tacos](#)

### **To make Tortilla chips / Nachos:**

Roll out the dough and use a knife to cut triangular shaped nachos. Place on a pan greased with ghee or lard and cook on a medium heat for ~ 3 minutes on each side or until golden. Unlike tortillas, you should make the nachos crispy. You can also [follow this recipe](#) if you prefer to make them in the oven. When done, leave them to cool down. To prevent the tortillas from getting too dry, place in an airtight container. Store at room temperature for 2-3 days, in the fridge for up to a week, or you freezer for up to 3 months.

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