

Keto Nachos and Tomato Salsa

Hands-on 20 minutes Overall 35 minutes

Nutritional values (per serving, about 1 cup chips + topping): Total carbs: 14.2 g,

Fiber: 9.6 g, **Net carbs: 4.5 g**, Protein: 13.6 g, Fat: 35.2 g, Calories: 411 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Tortilla chips:

- 1/2 cup almond flour (50 g/ 1.8 oz)
- 1/3 cup + 1 tbsp flax meal (ground flaxseed) (55 g/ 1.9 oz)
- 1 1/2 tbsp coconut flour (15 g/ 0.5 oz)
- 1 tbsp whole psyllium husks (4 g/ 0.1 oz)
- 1 tbsp chia seeds, ground (7 g/ 0.3 oz)
- 1/2 tsp sea salt
- 1/2 cup water, lukewarm (+ 1-2 tbsp if the dough is too dry)
- 2 tbsp ghee or extra virgin coconut oil, for brushing (30 ml)

Salsa:

- 1 large tin tomatoes, unsweetened and peeled (400 g/ 14.1 oz)
- 2 cloves garlic
- 2 tsp dried oregano
- 1 small red chili pepper (~ 1 tsp chopped)
- 2 jalapeño peppers, fresh or pickled (28 g/ 1 oz)
- 2 tbsp ghee or virgin coconut oil (30 g/ 1.1 oz)
- salt and pepper to taste

Topping:

- 3.5 oz grated hard cheese (100 g) - *I used manchego cheese but you can use cheddar, comte, etc.*

Instructions

1. Prepare the dough by following my recipe for [Keto & Paleo Tortillas](#) - just use 1/2 the amounts as listed above. Place a piece of the dough between two pieces of parchment paper and roll out until the dough is very thin. Use a small 15 cm / 6 inch lid or bowl to cut out a tortilla. Repeat for the remaining of the dough.
2. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Use a pizza cutter or a sharp knife to cut the

tortillas into 6 equal pieces / triangles. Place each one of them on a baking sheet lined with parchment paper.

3. Melt the ghee (or coconut oil) and brush onto each of the tortilla chips. Place in the oven and bake until lightly browned and crispy. This could take 10-15 minutes. If the tortilla chips don't bake evenly, remove gradually from the oven as they may get burnt.
4. Meanwhile, prepare the salsa. Peel and finely dice the garlic and red chili pepper. Place on a pan greased with 2 tablespoons of ghee and cook until lightly browned over a medium heat while stirring to prevent burning.
5. Add the tinned tomatoes, oregano and season with salt and pepper. Add freshly sliced jalapeños or pickled jalapeños. Mix until well combined, reduce the heat and simmer for about 10 minutes.
6. When done, take off the heat and set aside. Meanwhile, grate the cheese and keep aside in a bowl.
7. To make the nachos, place the tortilla chips on serving plates and add a quarter of the salsa on top of each. Sprinkle each plate with a quarter of the grated cheese and place under a broiler until the cheese melts. Serve immediately.
8. Enjoy immediately. The keto tortilla chips (no topping) can be stored in a sealed jar at room temperature for up to 2 weeks.

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