

Just Like Corn Low-Carb Tortillas

Hands-on 5 minutes Overall 25 minutes

Nutritional values (per serving, tortilla): Total carbs: 1.7 g, Fiber: 1 g, **Net carbs: 0.7 g**,

Protein: 6.6 g, Fat: 5.8 g, Calories: 87 kcal,

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



Ingredients (makes 10 tortillas)

Dry ingredients:

1/2 cup pork rind crumbs (25 g/ 0.9 oz) - *weight may vary based on fat content*

1/4 cup Parmesan cheese, grated (25 g/ 0.9 oz)

3 tbsp coconut flour (24 g/ 0.8 oz)

2 tbsp unflavored whey protein powder (16 g/ 0.6 oz)

1 tbsp psyllium husk powder (8 g/ 0.3 oz)

1/4 tsp baking powder

1 pinch kosher salt

Wet ingredients:

2 tbsp sour cream (24 g/ 0.8 oz)

3 tbsp olive oil *or* melted lard (45 ml)

3/4 cup + 1 tbsp carton egg whites (All Whites) - *I used 6 large raw egg whites instead*

1/4 tsp Amoretti popcorn extract *or* sweet corn extract - *I didn't have this ingredient and skipped it - they were still great!*

1 tsp unfiltered apple cider vinegar

2 drops liquid stevia concentrate (optional) - *it depends on your palate - I skipped stevia*

Instructions

1. Mix dry ingredients in a bowl. Stir to combine. *I made my own pork rinds which I powdered in a food processor - recipe is here.*
2. In a separate bowl, combine wet ingredients and stir until evenly mixed.
3. Add dry to wet ingredients and stir with a spatula until batter is smooth. Let batter sit for 5 minutes. Divide into 8–12 portions.
4. Using two 7x7-inch squares of parchment, Place 1 1/2–2 tablespoons of batter in center of one piece. Using an offset spatula, smooth batter into an even circle about 5 to 6-inches

diameter and about 1/16-inch thick. Repeat with second remaining batter and parchment.

5. Microwave parchment and batter, one at a time, for 25–30 seconds on high (*mine took about a minute*). Remove and repeat with the remaining parchment and batter sheets. While nuking, heat a small nonstick skillet over medium high. Place first cooked tortilla face down in the pan with the parchment facing up.
6. After about 30 seconds, the parchment will release and peel off, easily. Flip the tortillas. Cook until both sides have little brown spots and tortilla is done throughout (about 30–45 seconds). Place cooked tortillas in a covered dish to allow them to steam and soften, becoming flexible. Cool completely and store in an airtight container in the fridge up to 2 weeks, or freeze up to 3 months.
7. I made ten 6-inch tortillas using Sooze's recipe but you can make six to eight larger tortillas.

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