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Pork Rind Tortillas

Pork Rind Tortillas are a delicious and crispy alternative to traditional tortillas. Made with ground pork rinds, these tortillas are low-carb and gluten-free. They can be used in a variety of dishes, such as tacos, enchiladas, and quesadillas. The recipe for Pork Rind Tortillas dates back to ancient times and has been passed down through generations. The tortillas are typically consumed as a main course or snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	ground pork rinds
2 units	Egg
1 tsp	salt
1 tsp	garlic powder

1 tsp onion powder

0.5 tsp cayenne pepper

Directions

Step 1

In a large bowl, combine the ground pork rinds, salt, garlic powder, onion powder, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the eggs to the bowl and mix until well combined.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Shaping

Divide the mixture into 4 equal portions and shape each portion into a ball.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Rolling

Place a ball of the mixture between two sheets of parchment paper and flatten it with a rolling pin to form a tortilla.

Prep Time: 3 mins

Cook Time: 2 mins

Step 5

Frying

Heat a non-stick skillet over medium heat and cook the tortilla for 1-2 minutes on each side, until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Frying

Repeat steps 4 and 5 with the remaining portions of the mixture.

Prep Time: 0 mins

Cook Time: 8 mins

Step 7

Serving

Serve the Pork Rind Tortillas warm with your favorite fillings or toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	2 mg	18.18%	25%
Selenium	32 mcg	58.18%	58.18%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diet

16:8 Diet

Warrior Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Subway Diet

The Peanut Butter Diet

The Carnivore Diet

The Optavia Diet

The Starch Solution Diet

The Specific Carbohydrate Diet (SCD)

The Dr. Sebi Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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