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## Carb Modified Tortilla ♦

A modified version of tortilla with reduced carbohydrates. It is a versatile dish that can be consumed as a wrap, taco, or quesadilla. The tortilla is made with low-carb ingredients and is suitable for individuals following a low-carb diet.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

<b>200 g</b>	Almond flour
<b>50 g</b>	Coconut Flour
<b>10 g</b>	Psyllium Husk Powder
<b>1 tsp</b>	baking powder
<b>1 tsp</b>	salt

300 ml Water

## Directions

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### Step 1

#### Mixing

In a mixing bowl, combine almond flour, coconut flour, psyllium husk powder, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stirring

Gradually add water while stirring the mixture until a dough forms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Shaping

Divide the dough into 6 equal portions and shape each portion into a ball.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Rolling

Place a dough ball between two parchment papers and roll it into a thin tortilla.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 5

### Skillet

Heat a non-stick skillet over medium heat and cook the tortilla for 1-2 minutes on each side until lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 6 g

**Carbohydrates:** 6 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	4 g	10.53%	16%
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	7 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	12 g	42.86%	48%
Cholesterol	0 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	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	60 mg	6%	6%
Iron	1 mg	12.5%	5.56%
Potassium	180 mg	5.29%	6.92%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Nutritional Content

Low Carb

## Kitchen Tools

Slow Cooker

Blender

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Breads

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Easter

Halloween

## Cost

Under \$10

\$20 to \$30

\$40 to \$50

## Demographics

Kids Friendly

Teen Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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