MEXICAN · LUNCH · SIDE

Keto Tortillas with Lupin Flour (Gluten-Free)

20 min · Makes 4 × 2 mini tortillas (10 cm) · 103 kcal a portion · Video 4:04 · KetoFocus

Vegan · Gluten-free ingredients

Lupin and almond flour give nearly 7 g fibre and 6 g protein for under 1.5 g net carbs per two tortillas, so they won't spike blood sugar the way wheat or corn tortillas can.

Diet notes: Keto (1.4 g net carbs a serve).

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Ingredients

5 · MAKES 4 × 2 MINI TORTILLAS (10 CM)

- [ ] 50 g **almond flour**
- [ ] 35 g **lupin flour**
- [ ] ½ tsp **salt**
- [ ] 1 tbsp **xanthan gum**
- [ ] 6 tbsp **water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts, Lupin. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mix the almond flour, lupin flour, salt and xanthan gum in a small bowl — the xanthan gum is what keeps the tortillas soft and bendy. 0:33
2. Stir in the water with a fork to a dough with the feel of play-dough; if it is tacky add a little more almond flour, if dry and crumbly a splash of water. 1:14
3. Divide the dough into 8 balls for 10 cm tortillas, or 4 balls for 15 cm ones. 1:44
4. Flatten each ball between two sheets of baking paper in a tortilla press, or roll it out with a rolling pin. 1:56
5. Heat a dry non-stick pan over medium-high to high heat. Peel off the paper, cook each tortilla 30–50 seconds until golden in spots, flip for 30 seconds, then cool on the paper. No oil — it makes them stiff. 3:17

> **Tip** Use them for soft tacos or wraps; stack with baking paper between. The recipe makes eight 10 cm tortillas. Lupin is a labelled allergen in Australia and the EU and can affect people allergic to peanuts.

The method is a summary in our words — the video shows every step.

One portion, 2 mini tortillas (10 cm), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
103 kcal	6.3 g	8.2 g	6.7 g	6.9 g	360 mg
430 kJ	13% of a day	1.4 g net · 0.9 g sugars	24% of a day	0.5 g saturated	16% of a day
		3% of a day		9% of a day	

Energy from net carbs 6% · protein 27% · fat 67% — fits keto: 1.4 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin E 21%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=co6Rxml3zf4, published 16 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lupin-almond-flour-tortillas