



Keto Carnitas Street Tacos

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

391.2 calories, 11.18 g carbohydrate, 7.24 g fiber, 3.94 g NET carbs, 25.43 g protein, 28.62 g fat

Ingredients

- 4 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1 Tbsp Starwest Botanicals Organic Psyllium Husk Powder
- 1/2 tsp(s) Real Salt
- 1/2 cup(s) Bob's Red Mill Almond Meal/Flour
- 1/2 cup(s) boiling water
- 1/2 large(s) egg whites
- 1 1/2 Tbsp(s) organic virgin coconut oil
- 1/2 tsp(s) baking soda
- 2 Tbsp(s) organic golden flaxseed, ground
- 24 ounce(s) pork shoulder, cooked
- 1/4 small(s) red onion, thinly sliced
- 2 whole(s) limes, cut into wedges
- 3 Tbsp(s) organic apple cider vinegar
- 2 medium(s) avocados, diced
- 3 Tbsp(s) chopped cilantro

Preparation

1. First, make the pickled red onions. Add sliced red onion to a shallow dish and cover with vinegar. Let stand at room temperature.
2. Next, make the tortillas. Preheat a tortilla press or a cast iron skillet over medium-high heat.
3. In a medium bowl, mix together the dry ingredients.
4. Add the coconut oil and mix with a fork or your hands to form a shaggy dough. Stir in the egg whites. Pour in the boiling water, stirring quickly to incorporate. The dough will swell and become easy to work with.
5. Divide dough into 8 balls, each one weighing roughly an ounce.
6. Place dough onto wax or parchment and flatten out to a circle that's 4 inches in diameter.
7. Put flattened dough onto press or skillet. Cook 2-3 minutes, flipping if using a skillet.
8. Serve tortillas with pre-cooked Carnitas, pickled red onion, avocado, cilantro, lime wedges and avocado.

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