

Low Carb Pupusas & Curtido

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This recipe is from my dear friend, Joyce “@liftingiscake” Follow her on Instagram!

Servings: 10

Pupusa Dough

Ingredients:

- 2 2/3 cups of almond flour
- 1 1/4 cup of tapioca flour
- 1/4 teaspoon of salt
- 1/2 teaspoon of vegan chicken less seasoning from Trader Joe’s or chicken bouillon
- 1/2 of a teaspoon of fresh lime juice
- 1 cup of warm water plus a bowl of warm water to dip hands in to roll

Filling

Ingredients:

- 1 cup of shredded cheese
- 2 to 3 tablespoons of water

Directions:

1. Mix almond flour and tapioca flour.
2. Add salt, chicken seasoning, and lime juice.

3. Add in a warm cup of water and mix in dough wrap and store in the fridge for 30 minutes to an hour.
4. For the cheese filling, mix the cheese with water to create somewhat of a paste so it holds together.
5. Grab a small amount of dough, flatten and create a well.
6. Add about two tablespoons Of the cheese.
7. Seal, roll, and flatten.
8. Fry on a comal or a pan lightly greased with butter.
9. Toast to desire(should be golden).

Nutrition:

Nutrition per Pupusa:

- 13g Net Carbs
- 16g Total Carbs
- 3g Fiber
- 18g Fat
- 8g Protein
- 245 Calories

Curtido

Ingredients:

- 1 bag of broccolis red cabbage and carrot slaw from sprouts
- 1 cup of white vinegar
- 1/4 teaspoon of salt
- Jalapeños to your choice of liking

- 1/2 teaspoon of oregano
- Red pepper flakes for an added spice

Directions:

1. Mix all ingredients placed in the container with the lid toss and place in the fridge.
2. Best after a few hours or overnight.

Nutrition:

Nutrition per :

- 1g Net Carbs
- 2g Total Carbs
- 1g Fiber
- 0g Fat
- 1g Protein
- 12 Calories