

# Low Carb Flatbread

Yield: 10 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-flatbread-recipe-keto>

## Ingredients:

- 3 1/4 cups almond flour
- 6 tablespoons coconut flour
- 1/3 cup whey protein powder unflavoured
- 2 teaspoons baking powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 4 large eggs
- 1/4 cup oil avocado or olive
- 1/4 cup water
- 1 flatbread recipe Low Carb
- 2 tablespoons Dijon mustard
- 2 tablespoons mayonnaise
- 1/2 pound Black Forest ham
- 6 ounces brie thinly sliced
- 1 green apple medium, very thinly sliced
- oil or melted butter for brushing outside of sandwich

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 115 milligrams
4. Fat: 39 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 9 grams
8. Sodium: 690 milligrams
9. Sugar: 4 grams

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