



Sheet Pan Pizza

Description

On an old classic, this Keto Sheet Pan Pizza is a delicious twist. A low-carb sausage crust is topped with lots of delicious toppings and cheese. Who can resist a homemade, hot, pizza gooey with melted cheese and topped with sweet peppers and onions? Not us!

INGREDIENTS

Dough

- (removed from casings) ½ pound sweet Italian sausage,
- 2 tablespoons cream cheese
- 1 cup almond flour
- ¼ cup coconut flour
- 1 ½ cups shredded mozzarella cheese
- ¼ cup freshly grated Parmesan cheese
- 2 whole large eggs

Toppings

- 1 tablespoon olive oil
- 1 medium onion, sliced
- (any bell pepper, green, red, yellow or orange) 1 medium Bell pepper sliced,
- 8 ounces baby spinach
- (passed through a garlic press) 2 tablespoons fresh garlic
- (leave out the sugar) ½ cup pizza sauce
- ½ cup shredded sharp cheddar cheese
- 2 cups shredded mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 375 degrees F.

2. Mix eggs, cream cheese, almond flour, coconut flour, Parmesan cheese, 1 ½ cups mozzarella cheese and uncooked sausage meat in a bowl(medium).

3. Spray a quarter (13x9-inch)sheet pan with pan spray(kitchen).

4. Into the pan, press the mixture making an even edge all the way around.
NOTE>Refrigerate the filled pan for 30 minutes, if mixture is not cold, to firm up the crust before baking.

5. Turning pan half way through bake 12 minute.

6. In a medium skillet with the olive oil, while crust is baking, over medium heat, saute onions and peppers until slightly soft, for ten minutes. Add spinach and heat 1 min to wilt.

7. Add garlic and take out from heat.

8. Spread pizza sauce on bottom when crust comes out of oven, top with cooked vegetables from pan, sprinkle on cheddar and mozzarella and until browned and melty, bake for about TWENTY FIVE minutes. For a minute, place under the broiler to be more browned.

9. Cut into eight portions.

10. Serve.

Nutrition Facts

Serving Size 1

Serves 8

Amount Per Serving

Calories 359

% Daily Value*

Total Fat 16.6g 21%

Saturated Fat 5.5g

Trans Fat 0g

Polyunsaturated Fat 0.7g

Monounsaturated Fat 2.7g 0%

Cholesterol 89.8mg 30%

Sodium 749.9mg 33%

Total Carbohydrate 13.1g 5%

Dietary Fiber 4.3g 15%

Sugars 4.9g

Protein 29.1g 58%

Category

1. High Protein Recipes

Date Created

25/12/2024

Author

rauf

default watermark