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5 Minute Keto Pizza ♦

This 5 Minute Keto Pizza is a delicious and healthy alternative to traditional pizza. It is low in carbs and perfect for those following a ketogenic or vegan diet. The pizza is made with a cauliflower crust and topped with keto-friendly ingredients like cheese, tomato sauce, and vegetables. It's a quick and easy recipe that can be enjoyed as a snack or a main meal.

Recipe Type: Vegan

Prep Time: 3 mins

Cook Time: 2 mins

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

300 g	cauliflower
1 pieces	Egg
100 g	mozzarella cheese
50 g	tomato sauce

50 g	bell pepper
50 g	Mushrooms
25 g	Olives
5 g	Oregano

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the cauliflower into florets and pulse in a food processor until it resembles rice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Microwaving

Transfer the cauliflower rice to a microwave-safe bowl and microwave for 5 minutes, or until soft.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Place the cooked cauliflower rice in a clean kitchen towel and squeeze out as much liquid as possible.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

In a mixing bowl, combine the cauliflower rice, egg, and oregano. Mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Line a baking sheet with parchment paper and spread the cauliflower mixture into a thin crust shape.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Baking

Bake the crust in the preheated oven for 10 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Remove the crust from the oven and spread tomato sauce evenly over the top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Sprinkle mozzarella cheese, bell pepper, mushrooms, and olives over the sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Baking

Bake the pizza for another 5 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 11

Remove the pizza from the oven and let it cool for a few minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 12

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Bridal Shower

Graduation

Barbecue

Picnic

Cuisines

Italian

Chinese

Mexican

American

Nutritional Content

Low Calorie

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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