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Low Carb Skillet Pizza · ·

Low Carb Skillet Pizza is a delicious and healthy alternative to traditional pizza. It is made with a low carb crust and topped with your favorite pizza toppings. This recipe is perfect for those following a low carb or keto diet.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Almond flour
2 pieces	Egg
200 g	Mozzarella Cheese
100 g	pizza sauce
50 g	pepperoni

50 g	bell pepper
50 g	Mushrooms
5 g	Oregano
5 g	Salt

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine almond flour, eggs, mozzarella cheese, oregano, and salt. Mix well to form a dough.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Pressing

Transfer the dough to a greased skillet and press it evenly to cover the bottom of the skillet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake the crust in the preheated oven for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Spreading

Remove the crust from the oven and spread pizza sauce over it. Top with mozzarella cheese, pepperoni, bell pepper, and mushrooms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake for an additional 15 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove from the oven and let it cool for a few minutes. Slice and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
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	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

Low Carb

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Diet

Anti-Inflammatory Diet

Nutrient Timing Diet

The Beverly Hills Diet

The Grapefruit Diet

The Rice Diet

The Negative Calorie Diet

The Master Cleanse Diet

The Carnivore Diet

The Starch Solution Diet

The Low-Protein Diet

The Low-Phosphorus Diet

The Low-Copper Diet

The Low-Sulfur Diet

The Celiac Disease Diet

The Low-Histamine Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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