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## Nancyelle's Thin and Crispy Low Carb Pizza ♦

A delicious and healthy pizza recipe that is low in carbs. This thin and crispy pizza is perfect for those following a low carb diet.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	cauliflower
2 units	Egg
50 g	parmesan cheese
100 g	mozzarella cheese
100 g	tomato sauce

20 g	olive oil
5 g	Salt
5 g	Pepper
10 g	Basil

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Food processor

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Microwaving

Transfer the cauliflower rice to a microwave-safe bowl and microwave for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Let the cauliflower rice cool, then squeeze out the excess moisture using a clean kitchen towel.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a large bowl, combine the cauliflower rice, eggs, Parmesan cheese, salt, and pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Oven

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

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 8

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Sprinkle mozzarella cheese and basil over the tomato sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Oven

Return the pizza to the oven and bake for an additional 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 and serving.

**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	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
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	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

**Nutritional Content**

Low Carb

**Course**

Appetizers

Main Dishes

Desserts

Salads

Sauces & Dressings

## Cultural

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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