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## Low Carb Pepperoni Pizza

A delicious low carb pepperoni pizza recipe that is perfect for those following a low carb diet. This pizza is made with a cauliflower crust and topped with marinara sauce, mozzarella cheese, and pepperoni slices. It's a healthier alternative to traditional pizza and still tastes amazing!

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	cauliflower
2 units	Eggs
200 g	mozzarella cheese
150 g	marinara sauce
100 g	pepperoni slices

1 tsp	Salt
1 tsp	Garlic powder
1 tsp	Dried Oregano
0.5 tsp	Red Pepper Flakes

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Blending, steaming

Cut the cauliflower into florets and pulse in a food processor until fine. Steam the cauliflower rice for 5 minutes, then squeeze out the excess moisture using a clean kitchen towel.

**Prep Time:** 10 mins

**Cook Time:** 5 mins

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### Step 3

#### Mixing

In a large bowl, combine the cauliflower rice, eggs, salt, garlic powder, dried oregano, and red pepper flakes. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Preparation

Line a baking sheet with parchment paper. Spread the cauliflower mixture onto the parchment paper and shape into a round pizza crust.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Baking

Bake the crust in the preheated oven for 15 minutes, or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

Remove the crust from the oven and top with marinara sauce, mozzarella cheese, and pepperoni slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

**Baking**

Return the pizza to the oven and bake for an additional 10 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 8

**Cooling**

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 12 g

Carbohydrates: 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	3 g	7.89%	12%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
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	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# Recipe Attributes

## Nutritional Content

Low Carb

## Kitchen Tools

Slow Cooker

Blender

## Cuisines

Italian

## Course

Breads

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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