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Keto Sausage & Pepper Fried Pizza

This Keto Sausage & Pepper Fried Pizza is a low-carb and delicious alternative to traditional pizza. It is made with a crispy crust, flavorful sausage, and colorful bell peppers. Perfect for those following a ketogenic diet.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

150 g	Almond flour
200 g	mozzarella cheese
2 pieces	Eggs
250 g	Italian Sausage
200 g	Bell peppers

2 tbsp	olive oil
1 tsp	garlic powder
1 tsp	dried oregano
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Oven

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, mozzarella cheese, eggs, garlic powder, dried oregano, salt, and black pepper. Mix well until a dough forms.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

Place the dough on a parchment-lined baking sheet and shape it into a round pizza crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Stove

While the crust is baking, cook the Italian sausage in a skillet over medium heat until browned and cooked through. Remove from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Stove

In the same skillet, sauté the bell peppers with olive oil until they are tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Preparation

Once the crust is done baking, remove it from the oven and top it with cooked sausage and sautéed bell peppers.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

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

Step 9

Resting

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

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
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	10 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
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	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Slow Cooker

Blender

Air Fryer

Nutritional Content

Low Calorie

Meal Type

Breakfast

Lunch

Snack

Dinner

Diet

Anti-Inflammatory Diet

Course

Drinks

Breads

Salads

Sauces & Dressings

Healthy For

Hepatitis

Colorectal cancer

Gastroparesis

Cooking Method

Frying

Baking

Boiling

Blanching

Difficulty Level

Easy

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