

# Keto Pizza Pocket

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Servings: 4

## Dough

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### Ingredients:

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- 1.5 cups mozzarella cheese
- 2 tbsp parmesan cheese
- 1 ¼ cups almond flour
- 2 eggs, room temperature
- 1 tsp baking powder
- ½ tsp garlic powder
- ½ tsp italian seasoning
- ½ tsp xanthan gum

- Pinch red pepper flakes

## Filling

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- ½ cup unsweetened pizza sauce
- ¼ cup pepperoni
- ⅓ cup mozzarella cheese

## Directions:

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1. Preheat your oven to 350F and prepare your baking sheet with parchment paper
2. Let's make your dough - in a large bowl melt your mozzarella cheese. Microwave in 25 second intervals, mine took about 50 seconds to melt. You don't want to burn your cheese so just be careful.
3. In a separate bowl, mix your dry ingredients (almond flour, baking powder and xanthan gum)
4. Once melted, add your dry ingredients and eggs. Make sure your eggs are at room temperature. If your cheese mixture is too hot, it can be
5. Lay out a piece of parchment paper and add additional almond flour. Knead until well combined
6. Roll out your dough into four rectangles. Add your unsweetened pizza sauce,
7. Seal using a fork and make slits on top (or a hole on the side). A hole is necessary because you need the steam to be able to escape.
8. Brush with your egg wash and sprinkle Italian seasoning on top. You can
9. Bake for 15 to 20 minutes or until golden brown

## Nutrition:

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Nutrition per serving:

- Calories - 465
- Protein - 26g
- Fat - 37g
- Sugar - 3g
- Net Carbs - 5g