

Zero Carb Crust Pizza

♥ lowcarblove.com/blog/zero-carb-crust-pizza

February 24, 2022



Servings - 2

Ingredients:

- 1-10oz can of chicken breast (drained)
- 1 egg
- ¼ cup parmesan cheese

Toppings:

- 1/3 cup unsweetened pizza sauce
- 1/2 cup mozzarella cheese
- 10-12 slices pepperoni

Directions:

1. Start by opening your canned chicken and draining. You will want to get as much moisture out as possible because you want your crust to be crispy. I even used a clean kitchen towel to get as much water out as possible.
2. In a medium sized bowl, add your chicken, cheese and egg.
3. Add your crust to a parchment lined baking sheet
4. Bake the crust for 10 minutes at 475 degrees.
5. Remove crust and your toppings of choice! Bake for another 5-10 minutes. You can broil if you want your cheese super melty
6. Remove from oven and allow to cool for a few minutes and enjoy!

Nutrition:

Nutrition for (recipe):

- Calories - 382
 - Fat - 21g
 - Protein - 47g
 - Total Carbs - 4.5g
 - Fiber - 0.5g
 - Net Carbs - 4g
-