



Low Carb Pizza

 Gluten Free

READY IN



65 min.

SERVINGS



16

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup club soda
- 0.5 teaspoon basil dried
- 3 eggs
- 1 teaspoon garlic chopped
- 0.3 teaspoon garlic powder
- 0.3 cup bell peppers green julienned
- 0.5 cup parma ham diced

- 0.8 cup heavy cream
- 0.5 cup sausage italian crumbled cooked
- 1 tablespoon olive oil
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried italian for herbs (may substitute seasoning)
- 1 pinch oregano dried
- 8 ounces pepperoni
- 2 portobello mushroom caps sliced
- 0.3 cup bell peppers red julienned
- 0.1 cup onion diced red
- 0.3 cup onion red julienned
- 3 large roma tomatoes diced
- 0.1 teaspoon salt
- 1 teaspoon salt
- 24 ounces mozzarella cheese shredded
- 1.5 cups soy flour
- 8 ounces no sugar added tomato sauce

Equipment

- bowl
- sauce pan
- oven
- spatula

Directions

- Preheat oven to 375 degrees F.
- Make the crust: Generously spray 2 (12-inch) pizza pans with nonstick vegetable oil cooking spray. In a medium bowl, stir together all of the crust ingredients to make a smooth, thick, pancake-like batter. Using a rubber spatula, spread the batter as thin and evenly as possible

over the 2 pans.

- Place pizza crusts on center racks of the oven and bake for about 12 to 15 minutes, or until lightly golden brown and firm to touch.
- Remove crusts from oven and increase the oven temperature to 400 degrees F.
- Meanwhile, make the sauce: In a saucepan over medium heat, heat olive oil and then sweat onions and garlic in oil, cooking just until softened and translucent.
- Add diced tomatoes and the remaining ingredients and simmer for about 2 minutes.
- Spread the tomato sauce and then the mozzarella cheese evenly over both crusts. Top 1 pizza with pepperoni, sausage, and ham, and top the other with the bell pepper strips, onions, and mushrooms. Lightly sprinkle 1 tablespoon olive oil over each pizza, and sprinkle each with a dash of dried oregano.
- Place the pizzas back in the oven to bake for another 10 to 12 minutes, or until the cheese melts and starts to brown.
- Cut each pizza into 8 slices.

Nutrition Facts

  
 **PROTEIN 21.38%**  **FAT 70.22%**  **CARBS 8.4%**

Properties

Glycemic Index:21.19, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:15.062173926312%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 365.73kcal (18.29%), Fat: 28.85g (44.38%), Saturated Fat: 12.72g (79.5%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.01g (2.19%), Sugar: 3.06g (3.4%), Cholesterol: 98.97mg (32.99%), Sodium: 846.47mg (36.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Phosphorus: 288.88mg (28.89%), Selenium: 19.93µg (28.47%), Calcium: 260.35mg (26.04%), Vitamin B2: 0.39mg (22.95%), Vitamin B12: 1.35µg (22.43%), Manganese: 0.4mg (20.23%), Copper: 0.4mg (20.05%), Zinc: 2.51mg (16.7%), Magnesium: 64.86mg (16.21%), Vitamin A: 777.1IU (15.54%), Potassium: 518.34mg (14.81%), Vitamin B1: 0.21mg (13.75%), Folate: 53.82µg

(13.45%), Vitamin K: 13.82µg (13.16%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.24mg (11.83%), Vitamin C: 9.67mg (11.72%), Iron: 1.64mg (9.09%), Vitamin E: 1.36mg (9.08%), Vitamin B5: 0.8mg (8.02%), Fiber: 1.75g (6.98%), Vitamin D: 0.76µg (5.07%)