

Keto Pizza Rolls

274 cal - 2.6g net carbs per serving
(2193 cal - 21g net carbs in total recipe)
Servings: 8

Low Carbe Diem

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Mozzarella keto dough:

1 1/2 c Mozzarella cheese, shredded
3/4 c [almond flour](#)
(sub 1/4 cup (4 tbsp) [coconut flour](#))
2 tbsp cream cheese
1 whole egg
sea salt, to taste

Pizza roll filling:

2 c cheddar cheese, shredded
20 olives, diced
1/2 c onion, diced
3 cloves garlic, diced
1/2 tsp oregano, dried
6 slices ham, salami, or meat of choice
2 oz pepperoni slices (28 thin round slices)
1 tbsp olive oil



DIRECTIONS

Make the dough:

In a microwave-safe bowl, mix together Mozzarella and [almond flour](#). Add the cream cheese and blend well. Microwave on high 50 to 60 seconds.

Stir mixture, then microwave on high another 30 seconds. Add the egg and salt.

Assemble the rolls:

Preheat oven to 375 degrees. Roll dough out and slightly stretch it with your hands.

Mix cheddar, olives, onions, garlic and oregano together in a bowl. Spread cheese mixture on top of dough. Top with ham and pepperoni slices.

Roll dough into a log and cut into 8 pieces. Place rolls on a greased baking sheet and brush with olive oil.

Bake at 375 F for 30 to 35 minutes until golden brown. Remove from oven, and allow to cool on a baking sheet.

Total Recipe: 2193 Calories; 164g Fat (67% calories from fat); 152g Protein; 27.4g Carbohydrate; 6.3g Fiber.

Per Serving: 274 Calories; 20.4g Fat (67% calories from fat); 19g Protein; 3.4g Carbohydrate; 0.8g Fiber.