

Rocket Chicken Keto Pizza

255 cal - 5.8g net carbs per serving
(2043 cal - 47g 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

Keto dough toppings:

1/2 c onion, sliced
1 c pumpkin, diced and cooked
6 oz chicken breast, cooked and diced
2 c mushrooms, sliced
1 parsnip, diced and cooked
2/3 c ricotta
1/2 c Mozzarella cheese, shredded
2 c rocket (arugula)
sea salt and pepper, to taste



DIRECTIONS

Make the keto 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, mixing gently. Roll dough out and slightly stretch it with your hands.

Top the keto dough:

Caramelize onions in a skillet. Let cool, dice and set aside. Grease a large baking sheet, and place keto pizza dough on top.

Mash pumpkin and spread on top of dough. Add diced chicken, mushrooms and parsnips. Spoon ricotta onto pizza and sprinkle with more Mozzarella.

Bake at 375 F for 10 to 12 minutes, or until cheese melts and crust is crispy.

Remove from oven, top cooked pizza with rocket and serve.

Total Recipe: 2043 Calories; 128g Fat (57% calories from fat); 153g Protein; 67g Carbohydrate; 20g Fiber.

Per Serving: 255 Calories; 16.11g Fat (57% calories from fat); 19g Protein; 8.3g Carbohydrate; 2.5g Fiber.