ITALIAN · LUNCH · DINNER

Quick Keto Pizza with Almond Flour Crust

15 min · Makes 4 × ¼ pizza (2 slices) · 429 kcal a portion

Video 5:26 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

The crust is almond flour, coconut flour, whey and egg, so two slices have about 8 g net carbs and over 20 g protein — pizza night without a flour base.

Diet notes: Keto (8.3 g net carbs a serve).

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Ingredients

12 · MAKES 4 × ¼ PIZZA (2 SLICES)

- [ ] 168 g **blanched almond flour**
- [ ] 20 g (⅔ scoop) **unflavoured whey protein powder**
- [ ] 2 tbsp (15 g) **coconut flour**
- [ ] ½ tsp **xanthan gum**
- [ ] ½ tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] **garlic powder** (a tiny pinch)
- [ ] **onion powder** (a tiny pinch)
- [ ] 1 tbsp (14 g) **refined coconut oil**, melted
- [ ] 2 large **eggs**
- [ ] 125 g **no-sugar-added pizza sauce**
- [ ] 84–112 g shredded **mozzarella**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220°C. Measure out the mozzarella, pizza sauce and coconut oil so they are ready. 0:38
2. Whisk together the almond flour, whey protein, coconut flour, xanthan gum, baking powder, salt, garlic powder and onion powder. 1:34
3. Add the melted coconut oil and the eggs and stir with a spatula until a crumbly ball forms, then work it with your hands until smooth and no streaks of yolk remain. 3:08
4. Put the dough between two sheets of baking paper and roll it out to about 35 cm (14 in). Peel off the top sheet and roll the edges up into a crust about 30 cm (12 in) across. 3:39
5. Slide it, on its paper, onto a pizza tray and bake 3–4 minutes, just until the edges start to turn golden. 4:23
6. Spread over the sauce, scatter with mozzarella and any toppings you like, then switch the oven to grill (broil) and cook about 3½ minutes until the cheese melts. Cut into 8 slices. 4:40

> **Tip** Joe tops his with pepperoni; mushrooms, olives, capsicum or leftover chicken work too. No protein powder? Use 198 g almond flour and bake the crust 5 minutes. Pick a pizza sauce with no added sugar.

The method is a summary in our words — the video shows every step.

One portion, ¼ pizza (2 slices), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
429 kcal	23 g	16 g	7.4 g	32 g	460 mg
1,790 kJ	46% of a day	8.3 g net · 4.3 g sugars	26% of a day	8.5 g saturated	20% of a day
		6% of a day		41% of a day	

Energy from net carbs 8% · protein 22% · fat 70% — fits keto: 8.3 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin E 79% · Magnesium 32% · Calcium 27% · Selenium 27% · Zinc 23% · Vitamin B12 22%

Source of (10–19%) Iron 13% · Potassium 11% · Vitamin B6 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=TbYx-ps3qQo, published 8 April 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-almond-flour-pizza-10-minute