MEDITERRANEAN · LUNCH · DINNER

Low-Carb Cauliflower Pizza Crust with Manchego

65 min · Makes 2 × ½ pizza base · 238 kcal a portion · Video 3:51 · Spain on a Fork

Gluten-free ingredients · Nut-free

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A base made mostly of cauliflower: 6 g fibre and under 10 g net carbs per half base, with 18 g protein from the cauliflower, egg and cheese, so it is much gentler on blood sugar than a flour base.

Diet notes: Low carb (9.6 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more; Vegetarian with a vegetarian hard cheese instead of the manchego cheese (traditionally made with animal rennet).

Ingredients

7 · MAKES 2 × ½ PIZZA BASE

- [ ] 1 head **fresh cauliflower** (about 1¼ lb florets)
- [ ] 1 large **egg**
- [ ] ½ tsp **dried oregano**
- [ ] ½ tsp **dried parsley**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **sea salt**
- [ ] ½ cup finely shredded **Manchego cheese**

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pull the leaves off the cauliflower, cut it into quarters, cut away the stalks and break it into small florets. 0:20
2. Pulse the florets in a food processor until they look like rice. 0:36
3. Put the cauliflower in a saucepan with a little water (about halfway up) and cook over medium-high heat for about 10 minutes. 0:48
4. Drain it in a sieve for a couple of minutes, then tip it into a flour-sack or tea towel and squeeze out as much liquid as you possibly can — this is what stops the crust falling apart. 1:08
5. Put the cauliflower in a clean bowl, make a well, add the egg and beat it, then mix in the oregano, parsley, garlic powder, salt and finely shredded Manchego. 1:24
6. Press the mixture onto a baking tray lined with baking paper in a round about ¼ inch thick. 1:51
7. Bake at 410 °F for 30–35 minutes until golden and firm, then add toppings and return to the oven for 10–15 minutes. 2:09

> **Tip** Serves 2 as half a base each (our estimate). The cook tops it as a margherita: marinara, fresh mozzarella and basil. Parmesan or another hard cheese can replace the Manchego.

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

One portion (½ pizza base) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
238 kcal	18 g	16 g	6 g	13 g	910 mg
1,000 kJ	35% of a day	9.6 g net · 5.9 g sugars	22% of a day	6.8 g saturated	40% of a day
		6% of a day		17% of a day	

Energy from net carbs 17% · protein 32% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 154% · Folate 45% · Vitamin K 40% · Vitamin B6 35% · Vitamin B12 31% · Calcium 30% · Selenium 25% · Zinc 21% · Potassium 20%

Source of (10–19%) Omega-3 17% · Magnesium 14% · Vitamin A 13% · Iron 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=4dFYpkKPbE4, published 2 March 2018. 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/manchego-cauliflower-pizza-crust