

Low Carb Lavash Pizza

Pizza craving with diet macros? Don't worry, we have a way to beat those cravings without blowing your plans.



PREP TIME

10 mins

COOK TIME

10 mins

TOTAL TIME

20 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

1 serving

CALORIES

280 kcal

INGREDIENTS

- 1 sheet Joseph's Oat, Flax and Bran Lavash
- 3 Tbsp pizza sauce
- 1 c vegetable toppings
- 1/4 c Daiya Shreds
- 1 Tbsp Nutritional Yeast

INSTRUCTIONS

1. In an oven set to 300°F/150°C , lay out your Lavash wrap on a cookie sheet sprayed with non-cooking spray.
2. Cook your lavash for 3-5 minutes, just until toasted.
3. Remove from oven, top with sauce, topping and cheese (IN THAT ORDER! Your topping will stick this way).
4. Cook for another 5 minutes.
5. Slice and top with nutritional yeast. Enjoy!

NUTRITION

Nutrition Facts

Low Carb Lavash Pizza

Amount Per Serving

Calories	280	Calories from Fat	90
% Daily Value*			
Fat	10g	15%	
Saturated Fat	2g	13%	
Polyunsaturated Fat	0.1g		
Monounsaturated Fat	0.04g		
Sodium	1020mg	44%	
Potassium	283mg	8%	
Carbohydrates	35g	12%	
Fiber	13g	54%	
Sugar	6g	7%	
Protein	18g	36%	
Vitamin A	3100IU	62%	
Vitamin C	28.1mg	34%	
Calcium	170mg	17%	
Iron	1.4mg	8%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!