

Low Carb Pizza Rolls



4.41 from 57 votes

A low carb pizza roll recipe that is just as tasty as the regular one.



Prep Time

20 mins



Cook Time

15 mins



Total Time

35 mins

Course: Appetizer, dinner Cuisine: American, Italian



Search Result: keto, low carb, low carbohydrate, pizza recipe Servings: 6

Equipment

- baking pan

Ingredients

- 0.38 Low Carb Pizza Dough- see post for details. One pizza dough as made in the recipe.
- 0.28 cup Provolone - see post for alternatives
- 0.38 cup [Pizza Sauce](#) - use a low carb sauce
- toppings See post for details

Instructions

1. Prepare the pizza dough as instruction in the recipe that you are using.
2. Preheat your oven to 375. Lay out a large piece of parchment paper that we will use to prepare and bake our pizza rolls in. Place another piece of parchment paper on a rimmed baking sheet such as a jelly roll sheet that we will use to bake the rolls on in the oven.
3. Roll out the pizza dough to about ¼" on your parchment paper. If the dough seems sticky you may need to sprinkle it with a light dusting of flour or spray with nonstick spray.
4. When your dough has been rolled out, layer the sliced cheese over it covering the dough as much as possible.

5. Place the sliced meat (or vegetables if using them instead) over the the cheese slices spreading out as much as possible. Tip: avoid ½" of the edge of the dough when placing ingredients on the dough to ensure that you will be able to easily roll up the dough. Lightly spread the sauce over the meat. Sprinkle the remaining cheese (shredded/grated) over the pizza.
6. Working with the part of the dough that is furthest away from you, roll the pizza up toward you. I start by making a turn with the edges and then the center working my way towards me. I then pinch the edges and repeat the process. When the pizza is rolled up, you can slice it into ½-¾" slices. Place the slices on the parchment paper that is on the pan. Bake for 12-15 minutes or until bubbly and browning.

Recipe Notes

NOTE: You Must Add The Nutritional Data Of Any Toppings That You Have Added As Well As The Pizza Crust To Get A More Accurate Result of Nutritional Data For This Recipe.

I mentioned that for making the dough for this recipe, you can [find low carb pizza crust recipes here](#) to choose from to use in this recipe. Also mentioned, there are some [low carb pizza sauce options that are available online](#).

I also shared some tips on working with the pizza dough.

Roll your dough out on [parchment paper](#) to about ¼" thick. When rolling the dough up, start with the side that is furthest away from you and roll the dough towards you.

*Please check the nutritional labels to assure that you are sticking to your diet restrictions for any substitutions used.

- see post for alternatives Please see recipe post for further details on this recipe. Nutritional Information is only an estimate and can vary especially with ingredients that are used.

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Nutrition

Calories: 25kcal | Carbohydrates: 1g | Protein: 2g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 4mg
| Sodium: 134mg | Potassium: 59mg | Fiber: 1g | Sugar: 1g | Vitamin A: 121IU | Vitamin C: 1mg |
Calcium: 49mg | Iron: 1mg

Please note: Nutritional data has been calculated using a tool that comes with this recipe card and not by me. This means that Nutritional Information is only an estimate and can vary especially with ingredients that you use. The accuracy of this tool may differ from other tools as expected. Also note that there is no instructional

value to the video that may be attached to this recipe. It is only there for visual pleasure. For more information about the images in this recipe, please refer the the recipe instructions. Thank you!

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