

# LOW CARB KETO CHICKEN CRUST PIZZA RECIPE

A low carb keto chicken crust pizza recipe with just 4 ingredients! Top it with creamy alfredo sauce, spinach, onions and mozzarella for a delicious and simple low carb dinner.

**Prep:** 10 minutes  
**Cook:** 25 minutes  
**Total:** 35 minutes

**Servings:** 4 servings  
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## INGREDIENTS

### LOW CARB CHICKEN PIZZA CRUST

- 3/4 lb Shredded chicken (this is cooked weight; equivalent to 1 lb raw)
- 1/2 cup Grated parmesan cheese
- 2 cloves Garlic (minced)
- 1/2 tsp Sea salt
- 2 large Eggs

### TOPPINGS

- 1/2 cup Alfredo sauce
- 3/4 cup Spinach (push into the measuring cup when measuring)
- 1/3 cup Red onion (sliced thin into half moons)
- 1 cup Mozzarella cheese (shredded)

## INSTRUCTIONS

1. Preheat the oven to 400 degrees F (204 degrees C). Line a [pizza peel](#) with parchment paper.
2. Stir together the shredded chicken, grated Parmesan cheese, minced garlic, and sea salt.
3. Whisk the eggs lightly, then add in. Mix well.
4. Spread the chicken crust pizza "dough" onto the parchment paper on the pizza peel, as thinly as possible (about 1/4 in thick). Slide the parchment paper onto a [pizza stone](#).
5. Bake for 15 to 20 minutes, until firm and golden on the edges.
6. Let the crust rest for 10 minutes, which helps "seal" it.
7. Add sauce and toppings. Return to the oven for 10 to 15 minutes, until the cheese is melted. If desired, place under a broiler for a couple of minutes to brown the cheese more.

## RECIPE NOTES

**Serving size:** 2 slices (assuming pizza is cut into 8 slices) - equivalent to 1/4 of the entire pizza

- Recipe makes a 10-inch pizza.
- You can get the [homemade keto alfredo sauce recipe here](#).

HEALTHY RECIPES. KETO RECIPES.

**WHOLESOME**  
10 INGREDIENTS OR LESS. *yum*



Recipe from [The Easy Keto Carboholics' Cookbook](#).

## NUTRITION INFORMATION PER SERVING

Calories: 441 | Fat: 29g | Total Carbs: 5g | Net Carbs: 5g | Sugar: 1g | Protein: 38g

Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. We try to be accurate, but feel free to make your own calculations.

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