

Salami Basil & Tomato Pizza

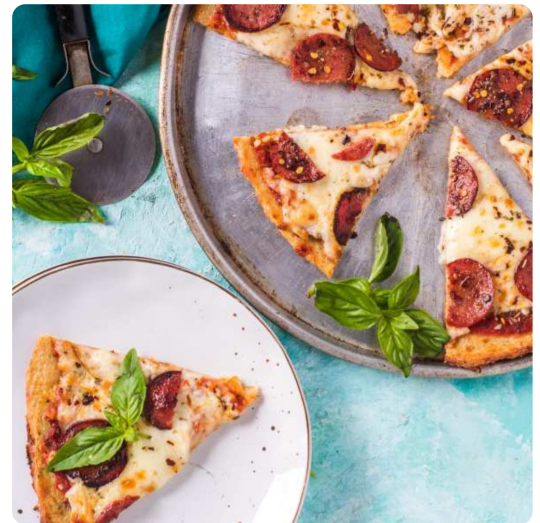
🕒 25 min 🍽️ 4 servings

471 Kcal / serving

27g Protein 37g Fat 9g Carbs

Ingredients

- **Mozzarella Cheese**, 1.5 cup (168 g)
- **Almond flour**, 1 Cup (84 g)
- **Cheese, cream**, 2 tbsp (29 g)
- **Alessi, premium white wine vinegar**, 1 Tbsp (15 g)
- **Raw Egg**, 1 egg (43 g)
- **Table salt**, 1 teaspoon (5 g)
- **Olive Oil**, 2 teaspoon (7.7 g)
- **Salami-topping**, 6 slice (3-1/8" dia x 1/16" thick) (60 g)
- **Tomato, Fresh - for topping diced**, 0.5 cup (71 g)
- **Fresh Basil- for garnish**, 2 tablespoons (6 g)
- **Sauce, pizza, canned, ready-to-serve**, 0.25 cup (63 g)
- **Cheddar Cheese-grated**, 1 cups (112 g)



Instructions

1. Preheat the oven to 200°C.
2. Heat mozzarella and cream cheese in a small bowl in the microwave oven for 1 minute or until melted.
3. Remove from the microwave and stir until they melt together.
4. Add the vinegar, egg, almond meal and mix well, use your hands at the end to create. dough ball.
5. Moisten your hands with olive oil and flatten the dough on baking paper, making a circle about 8 inches (20 cm) in diameter.
6. You can also use a rolling pin to flatten the dough between two sheets of baking paper.
7. Remove the top baking paper sheet (if used).
8. Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown.
9. Remove from the oven and allow to cool a little.
10. While the crust is baking, prepare your toppings, this recipe calls for cheese, salami sliced, tomato and fresh basil.

11. Spread a thin layer of tomato sauce on the crust.
12. Top pizza with your grated cheese, salami and fresh diced tomato.
13. Bake for 10–15 minutes or until the cheese has melted.
14. Sprinkle basil on top and serve with a green salad and or top with rocket.

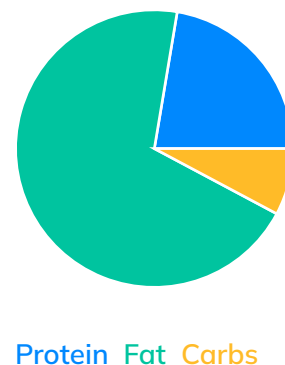
Comments

Keto, Gluten Free.

Change things up and use other favourite toppings such as smoked salmon a creme fraiche, bacon and tomato, goats cheese and bacon.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1882.3	283.6	470.6
Protein [g]	107.3	16.2	26.8
Fat [g]	149	22.4	37.3
Carbs [g]	37.4	5.6	9.4
Fiber [g]	11.2	1.7	2.8
Net Carbs [g]	26.2	3.9	6.6



Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	2401.7	361.9	600.4
Iron, Fe [mg]	6.3	0.9	1.6
Magnesium, Mg [mg]	355	53.5	88.8
Phosphorus, P [mg]	1592.9	240	398.2
Potassium, K [mg]	960.1	144.7	240
Sodium, Na [mg]	5440.5	819.7	1360.1
Zinc, Zn [mg]	12.3	1.9	3.1
Vitamin A, RAE [ug]	786.7	118.5	196.7
Vitamin E [mg]	3.3	0.5	0.8
Vitamin D [ug]	2	0.3	0.5
Vitamin C [mg]	17.9	2.7	4.5

Thiamin [mg]	0.7	0.1	0.2
Riboflavin [mg]	1.5	0.2	0.4
Niacin [mg]	5	0.8	1.3
Vitamin B6 [mg]	0.8	0.1	0.2
Vitamin B12 [ug]	4.7	0.7	1.2
Vitamin K [ug]	41.2	6.2	10.3