

Pork Rind Pizza Crust

ingredients

8 ounces cream cheese, softened
4 large eggs, well beaten
1/2 tablespoon dry Italian seasoning
1/2 tablespoon garlic powder
1/4 cup shredded Parmesan cheese
2 cups shredded Italian blend cheese
1 cup crushed pork rinds

directions

Preheat oven to 425 degrees. Grease a pizza pan or baking sheet.

Combine the cream cheese, eggs, Italian seasoning, garlic powder, and shredded cheeses in a bowl. Mix well. Stir in the crushed pork rinds until incorporated.

Place the pork rind mixture on the prepared pan. Cover with a sheet of plastic wrap and roll with a rolling pin until it is the desired thickness.

Place the crust in the oven and bake for 20 minutes at 425 degrees F. Remove from the oven and let stand for 10 minutes.

Top with sugar-free pizza sauce (homemade is best), mozzarella cheese, and your favorite toppings. Return to the oven and bake until the sauce and cheese are bubbly. Remove from the oven and let stand for 10 minutes then cut into serving pieces.

nutrition

284 calories, 23 grams fat, 2 grams carbohydrates, 17 grams protein per serving. This recipe is low in carbs.