AMERICAN · LUNCH · DINNER

# High-Protein Chicken Crust Pizza Base

25 min · Makes 2 × ½ pizza base · 259 kcal a portion · Video 9:26 · Low Carb Love

Carnivore · Gluten-free ingredients · No nuts listed

Chicken, egg and parmesan instead of flour: 30 g protein and under 1 g net carbs per half base, so only the toppings add carbs. It is also rich in selenium and vitamins B6 and B12.

**Diet notes:** Low carb (0.9 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 4 · MAKES 2 × ½ PIZZA BASE

- [ ] 1 can (10 oz) **chicken breast**, drained and squeezed dry
- [ ] 1 **egg**
- [ ] ¼ cup grated **parmesan**
- [ ] **Italian seasoning**, garlic or onion powder, to taste (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the canned chicken, then wrap it in a clean tea towel and squeeze out as much liquid as you can — the drier it is, the crispier the crust. 0:38
2. Break the chicken up in a bowl and mix in the parmesan, egg and any seasoning until it holds together like a dough. 1:50
3. Heat the oven to 475 °F. Line a pizza pan with baking paper and spread the mixture into a thin, even round. 2:14
4. Bake about 10 minutes until firm and golden underneath. For an even crisper base, slide it off the paper and bake 5 minutes more before adding toppings. 3:22

> **Tip** The cook tops it with ⅓ cup unsweetened pizza sauce, ½ cup mozzarella and 10–12 pepperoni slices, then bakes 5–10 minutes more. Canned chicken is already salty, so no extra salt is needed.

The method is a summary in our words — the video shows every step.

## One portion (½ pizza base) gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 259 kcal | 30 g | 1.1 g | 0.2 g | 14 g | 730 mg |
| 1,080 kJ | 60% of a day | 0.9 g net · 0.4 g sugars | 1% of a day | 5.2 g saturated | 32% of a day |
| | | 0% of a day | | 18% of a day | |

**Energy from** net carbs 1% · protein 48% · fat 51% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Selenium 48% · Vitamin B12 31% · Vitamin B6 23%

**Source of** (10–19%) Zinc 19% · Calcium 13% · Iron 12% · Vitamin A 11%

**Recipe and video:** Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=MfT4IcMz_qo, published 25 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-crust-pizza-base