

Low Carb Pizza

Low Carb Pizza		Calories	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Diet Fiber	Sugar	Protein	Cost
Dish Size	9 x 13	2,806	1,980	224	115	-	1,362	6,841	24	3	15	177	\$ 5.63
Servings	5	561	396	45	23	-	272	1,368	5	1	3	35	\$ 1.13

Ingredients' Nutritional Value Used in Recipe

	Used In Recipe	Multiplier	Calories	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Diet Fiber	Sugar	Protein	Ingredient Cost
Phil. Cream Cheese	4 oz	4	400	320	36	24	-	140	420	4	-	4	8	\$ 0.38
Ragu Pizza Sauce Homemade Style	3/4 cup	3	90	30	3	-	-	-	750	15	3	9	3	\$ 0.67
Daisy Sour Cream	1/4 cup	2	120	90	10	7	-	40	30	2	-	2	2	\$ 1.00
Great Value Grated Parmesan Cheese	1/3 cup	5.3	106	80	8	5	-	27	451	-	-	-	11	\$ 0.38
GV Mozzarella Cheese	3 cups	12	960	600	72	42	-	240	2,400	-	-	-	84	\$ 0.38
Pepperoni Stick	4 oz	4	520	440	48	16	-	100	2,000	-	-	-	24	\$ 1.50
GV Colby and Jack Blend Cheese	1 cup	3	330	240	27	15	-	75	510	3	-	-	21	\$ 0.83
Large Eggs	4	4	280	180	20	6	-	740	280	-	-	-	24	\$ 0.50
Italian Seasoning	1/2 tsp													
Garlic Powder	1/4 tsp													

Directions

- 1 Preheat oven to 375.
- 2 Beat together cream cheese and eggs until smooth.
- 3 Add sour cream, permesan, garlic and Italian seasoning.
- 4 Spray 9X13 pan with cooking spray or oil.
- 5 Place 2 cups mozzarella cheese in bottom of pan.
- 6 Pour egg mixture over cheese.
- 7 Bake 20 - 30 min., depending on how dark you want the crust
- 8 Remove from oven and spread sauce over baked mixture.
- 9 Add toppings of choice.
- 10 Cover with remaining mozzarella cheese and blend cheese
- 11 Bake 5- 10 minutes
- 12 Let stand for 5 minutes.

Notes
