

7g ⌚ 1 h 20 m | Medium

Low carb mushroom supremo pizza

If you are looking for a change from a typical tomato sauce based pizza, try this rich and satisfying low carb "mushroom supremo" pizza. Softly sautéed mushrooms in cream-based garlic sauce with, kale, parsley, and mozzarella on a crispy zucchini crust.



4 Servings

Ingredients

Pizza crust

4½ oz. zucchini,
shredded

½ cup (2 oz.) mozzarella
cheese, shredded

⅓ cup (1⅓ oz.) almond
flour

¼ cup (1⅓ oz.) chia
seeds

¼ cup water

1 large egg

1 tsp salt

3 tbsp ground psyllium
husk powder

Instructions

Crust

- 1 Preheat the oven to 350°F (175°C). Line a 15 x 10" (38 x 25 cm) baking sheet, or similar sized sheet with parchment paper.
- 2 Add the pizza crust ingredients to a medium-sized bowl. Mix together, and then knead the mixture until it becomes a firm dough.
- 3 Place the dough on the center of the parchment paper. Put another sheet of parchment paper on top of the dough. Flatten it with your hands or a rolling pin, so that it is evenly spread across the pan, forming a rectangular crust. If there are some thicker edges, remove them with a knife and then redistribute to any areas where the dough is sparse.
- 4 Pre-bake in the oven for about 15 minutes or until slightly golden, and then set aside to cool. While the crust is baking, prepare the Funghi topping.

Funghi topping

- 1 Melt the butter in a large frying pan over medium heat. Sauté the mushrooms for about 5 minutes, or until lightly browned, and then add the minced scallion and garlic. Stir together until the scallions become tender and translucent. Reduce the heat to medium-low.

Funghi topping

1 tbsp unsalted butter
4 oz. (1 $\frac{1}{3}$ cups) fresh,
sliced mushrooms
1 $\frac{1}{2}$ oz. (7 tbsp) thinly
sliced scallions
3 garlic cloves, minced
 $\frac{1}{2}$ cup heavy whipping
cream
2 oz. (4 tbsp) cream
cheese
1 oz. lightly packed kale,
minced
 $\frac{1}{4}$ cup ($\frac{2}{3}$ oz.) shredded
Parmesan cheese
 $\frac{3}{4}$ cup (3 oz.) shredded
mozzarella cheese
 $\frac{1}{2}$ oz. ($\frac{4}{5}$ cup) minced,
fresh parsley
salt and pepper to taste

② Pour the heavy whipping cream into the mixture, and add the cream cheese. Stir until the cream cheese is melted and has slightly thickened. Add the kale and parmesan, stir until combined, and then remove from heat.

③ Evenly spread the mushroom sauce over the pizza crust, leaving 1/4" (0.5 cm) of the crust edges bare. Sprinkle the mozzarella cheese and parsley over the sauce and season with salt and pepper.

④ Bake on the middle rack for about 15 minutes, or until the mozzarella is bubbly and slightly golden. Set aside to cool for a few minutes, and then slice to serve.

Tip

Leftover chicken is a great addition to the topping and ups the protein. Prosciutto or sliced ham makes a nice addition, too.

Crust net carb count

Many of our users choose to add their own toppings. In that case, keep in mind that the net carb count per serving of crust is about 3 grams. Calculate the net carbs of your toppings accordingly!