

The BEST Keto Pizza Recipe-Deep Dish Style in a Cast Iron Pan

If you're craving pizza but keeping things low-carb, this



OVEN
400°F

TIME
1 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 oz cream cheese
2 cups shredded mozzarella
2 eggs, beaten
1 cup almond flour
Pinch of salt and pepper
Low-carb pizza sauce (like Rao's)
Your favorite keto-friendly toppings: pepperoni, sausage, olives, mushrooms, spinach, etc.

Instructions:

1. Preheat and Prep:
2. Melt the Cheese:
3. Make the Dough:
4. Press Into the Skillet:
5. Add Toppings:
6. Cool and Serve:

Tips for Success:

Use a well-seasoned cast iron pan for best crust and easy release.

Don't skip the rest time after baking-it helps the crust firm up.

Oiled hands make pressing out the dough much easier.

Make it ahead: Bake the crust, cool, and freeze for fast future pizza nights.

Serving Suggestions & Pairings:

A side salad with vinaigrette

3-Ingredient Egg Wraps for a protein-packed meal
Sheet Pan Quesadillas if you're serving a mixed crowd

Dorito Casserole for the carb-lovers at the table

A cozy bowl of Cajun Chicken Sausage Gumbo

Storage & Leftovers:

Refrigerator: Store in an airtight container for up to 4 days

Freezer: Wrap individual slices in foil and freeze for up to 2 months

Reheat: Warm in the oven or air fryer for the best texture (microwave works too in a pinch)

More Recipes You'll Love:

Easy Turkey Wings - savory and tender

Cajun Chicken Sausage Gumbo - Southern comfort in a bowl

Sheet Pan Quesadillas - perfect for weeknights

Dorito Casserole - fun, cheesy, and family-friendly

Final Thoughts:

DIRECTIONS

1. **Preheat and Prep:** Preheat your oven to 400°F (204°C). Lightly grease a cast iron skillet with olive oil.
2. **Melt the Cheese:** In a microwave-safe bowl, combine cream cheese and mozzarella. Microwave for 1 minute, stir, then heat an additional 20 seconds until fully melted and smooth.
3. **Make the Dough:** In another bowl, mix almond flour with the beaten eggs. Season with salt and pepper.
4. **Add the almond flour mixture to the melted cheese and work it together until a smooth dough forms.** (Tip: Use your hands-oiled hands make this easier and less sticky.)
5. **Press Into the Skillet:** Using oiled hands, press the dough evenly into the bottom and slightly up the sides of your skillet. Use a fork to poke holes across the surface to prevent bubbling.
6. **Bake for 10-15 minutes or until lightly golden.** (I usually go 15 minutes for a firmer base.)
7. **Add Toppings:** Remove from oven. Spread a layer of low-carb pizza sauce, then top with cheese and your favorite toppings.
8. **Return to the oven and bake another 10-15 minutes until bubbly and golden.** For extra crisp, broil for the last 2-3 minutes, watching closely.
9. **Cool and Serve:** Let your pizza rest for 10-15 minutes to set before slicing and serving. Trust me-it's worth the wait.
10. **Tips for Success:** Use a well-seasoned cast iron pan for best crust and easy release.

11. Don't skip the rest time after baking-it helps the crust firm up.
12. Oiled hands make pressing out the dough much easier.
13. Make it ahead: Bake the crust, cool, and freeze for fast future pizza nights.
14. Serving Suggestions & Pairings: This keto pizza is amazing on its own or paired with:
15. A side salad with vinaigrette
16. 3-Ingredient Egg Wraps for a protein-packed meal
17. Sheet : Pan Quesadillas if you're serving a mixed crowd
18. Dorito : Casserole for the carb-lovers at the table
19. A cozy bowl of : Cajun Chicken Sausage Gumbo
20. Storage & Leftovers: Refrigerator: Store in an airtight container for up to 4 days
21. Freezer: Wrap individual slices in foil and freeze for up to 2 months
22. Reheat: Warm in the oven or air fryer for the best texture (microwave works too in a pinch)
23. More Recipes You'll Love: Craving more easy, hearty dinners? Try these:
24. Easy : Turkey Wings - savory and tender
25. Cajun : Chicken Sausage Gumbo - Southern comfort in a bowl

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-keto-pizza-recipe-deep-dish-style-in-a-cast-iron-pan/>