

Low-Carb Sheet Pan Pizza Crust You'll Want Every Friday Night

If you're watching your carbs but still love pizza, this



OVEN
350°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 cups shredded mozzarella cheese
- 2 cups shredded Parmesan cheese
- 2 large eggs
- 2 tsp Italian seasoning
- Optional: pepperoni or other keto-friendly toppings
- Low-carb pizza sauce for dipping (Rao's is a favorite!)

Instructions:

1. Preheat the Oven:
2. Mix the Crust Base:
3. Spread on the Pan:
4. Add Toppings (Optional):
5. Bake:
6. Cool and Slice:

Tips for Success:

Use parchment-this keeps the crust from sticking and helps it crisp up.

Let it cool slightly-the crust firms up as it cools, making it easier to slice.

Try different cheeses-Asiago, cheddar, or Monterey Jack can add different flavor profiles.

Double it and freeze extra slices for a fast reheat dinner.

Serving Suggestions & Pairings:

Dipping into marinara or sheet pan quesadilla-style cheese sauce

Serving with a side salad for a balanced low-carb dinner

Pairing with 3-ingredient egg wraps for meal prep

Enjoying alongside a bowl of Cajun chicken sausage gumbo

Adding to your next Dorito casserole night for the carb-conscious guests

Storage & Leftovers:

Fridge: Store slices in an airtight container for up to 4 days

Freezer: Freeze cooled slices between parchment and reheat in an oven or air fryer

Reheat tip: 375°F in the oven for 6-8 minutes crisps it right back up

More Recipes You'll Love:

3-Ingredient Egg Wrap - fast, filling, and endlessly customizable

Dorito Casserole - for when you're cooking for both keto and carb-lovers

Easy Turkey Wings - tender and low-carb-friendly

Sheet Pan Quesadillas - crowd-pleasing and adaptable

Final Thoughts:

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper for easy removal and crisp edges.
- 2.** Mix the Crust Base: In a mixing bowl, combine mozzarella, Parmesan, eggs, and Italian seasoning. Stir until well combined. The mixture will be sticky and thick.
- 3.** Spread on the Pan: Using a spatula or oiled hands, spread the cheese mixture evenly over the parchment-lined sheet pan. Aim for about ... inch thickness.
- 4.** Add Toppings (Optional): Top with pepperoni or your favorite keto-friendly pizza toppings before baking.
- 5.** Bake: Bake for 25 minutes, or until the edges are browned and the top is golden and firm to the touch.
- 6.** Cool and Slice: Let it cool for about 5-10 minutes before slicing into squares. Serve with low-carb pizza sauce on the side for dipping.
- 7.** Tips for Success: Use parchment-this keeps the crust from sticking and helps it crisp up.
- 8.** Let it cool slightly-the crust firms up as it cools, making it easier to slice.
- 9.** Try different cheeses-Asiago, cheddar, or Monterey Jack can add different flavor profiles.
- 10.** Double it and freeze extra slices for a fast reheat dinner.
- 11.** Serving Suggestions & Pairings: This low-carb pizza crust is perfect for:
- 12.** Dipping into marinara or sheet pan quesadilla-style cheese sauce

13. Serving with a side salad for a balanced low-carb dinner
14. Pairing with 3-ingredient egg wraps for meal prep
15. Enjoying alongside a bowl of : Cajun chicken sausage gumbo
16. Adding to your next : Dorito casserole night for the carb-conscious guests
17. Storage & Leftovers: Fridge: Store slices in an airtight container for up to 4 days
18. Freezer: Freeze cooled slices between parchment and reheat in an oven or air fryer
19. Reheat tip: 375°F in the oven for 6-8 minutes crisps it right back up
20. More Recipes You'll Love: If you're on a low-carb journey or just love cheesy recipes, check these out:
21. 3-Ingredient Egg Wrap - fast, filling, and endlessly customizable
22. Dorito : Casserole - for when you're cooking for both keto and carb-lovers
23. Easy : Turkey Wings - tender and low-carb-friendly
24. Sheet : Pan Quesadillas - crowd-pleasing and adaptable
25. Final Thoughts: This Low-Carb Sheet Pan Pizza Crust has officially saved pizza night in our house. It's fast, family-friendly, blood sugar-friendly, and endlessly satisfying. Whether you're just starting low-carb or you're a keto vet, this recipe is a keeper.

TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/low-carb-sheet-pan-pizza-crust-youll-want-every-friday-night/>