

# Keto Italian Bread Pizza Chaffles

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-italian-bread-pizza-recipe>

## Ingredients:

- 1 large egg white
- 1/4 cup low moisture mozzarella grated, 28 g/ 1 oz
- 1/4 cup grated Parmesan cheese 23 g/ 0.8 oz
- 2 tablespoons almond flour 12 g/ 0.4 oz
- 1 tablespoon flax meal 7 g/ 0.3 oz
- 1/4 teaspoon Italian herbs
- 1/8 teaspoon garlic powder
- 1/4 teaspoon gluten free baking powder
- 3 pieces sun dried tomatoes drained, chopped, 15 g/ 0.5 oz

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 350 milligrams
9. Sugar: 2 grams

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