

Keto Italian Bread Pizza Chaffles

Hands-on 10 minutes Overall 15 minutes



Nutritional values (per serving, 1 chaffle): Total carbs: 5.5 g, Fiber: 2.1 g, **Net carbs: 3.5 g,**

Protein: 11.5 g, Fat: 11.4 g, Calories: 166 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 2 mini chaffles)

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- 1 large egg white
- 1/4 cup grated low moisture mozzarella (28 g/ 1 oz)
- 1/4 cup grated parmesan cheese (23 g/ 0.8 oz)
- 2 tbsp [almond flour](#) (12 g/ 0.4 oz)
- 1 tbsp [flax meal](#) (7 g/ 0.3 oz)
- 1/8 to 1/4 tsp Italian herbs
- 1/8 tsp garlic powder
- 1/4 tsp [gluten-free baking powder](#)
- 3 pieces drained sun-dried tomatoes, chopped (15 g/ 0.5 oz)

Instructions

1. Preheat the waffle maker. You can make these chaffles by blending or mixing the dough.
2. Start with the egg white, mozzarella and parmesan. Blend until smooth.
3. Add the dry ingredients and blend again. Add the chopped sun-dried tomatoes.
4. Cook in a preheated mini waffle maker for about 3 minutes or until crisped up. Open the waffle maker and let the chaffle rest to cool down slightly.
5. Use a spatula to remove and let cool down completely. Store at room temperature for up to 3 days, in the fridge for up to a week, or freeze until required.

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