Keto Mini Pepper Pizza Cups

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 5.9 g, Fiber: 1.4 g, **Net carbs: 4.5 g**, Protein: 8.7 g, Fat: 10.7 g, Calories: 154 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 servings)

4 bell peppers, halved and seeded (480 g/ 1 lb)

1/2 cup sugar-free pizza sauce (120 g/ 4.2 oz) - *you can make your own Marinara Sauce*

2 cups shredded mozzarella *or* pizza blend cheese (225 g/ 8 oz)

16 slices pepperoni (45 g/ 1.5 oz)

pinch of chile flakes

Instructions

1. Preheat oven to 175 °C/ 350 °F, fan assisted.
2. Place the cut peppers cut side up on the baking sheet. Divide the sauce between the peppers, and then top with shredded cheese.
3. Top with pepperoni or other desired toppings.
4. Bake for 10-15 minutes until the cheese is bubbly. These peppers are best when served immediately.

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