

Keto Pizza Pepperoni Frittata

Hands-on 10 minutes Overall 20-25 minutes



Nutritional values (per slice, 1/4 frittata): Total carbs: 4.9 g, Fiber: 1 g, **Net carbs: 3.9 g**,

Protein: 25.4 g, Fat: 33.4 g, Calories: 426 kcal,

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

Ingredients (makes 2-4 servings)

Base:

- 6 large eggs
- 1/3 cup sugar-free Marinara sauce (80 g/ 2.8 oz)
- 1/2 tsp dried oregano
- 1/3 cup grated Parmesan cheese (30 g/ 1.1 oz)
- 1/3 cup grated mozzarella cheese (40 g/ 1.3 oz)
- 1 tbsp ghee or lard
- 3 oz pepperoni, chopped (85 g)
- 1 small white onion, diced (35 g/ 1.2 oz)
- 1 small red bell pepper, sliced (75 g/ 2.6 oz)

Topping:

- 1/4 cup grated Parmesan cheese (22 g/ 0.8 oz)
- 1/4 cup grated mozzarella cheese (28 g/ 1 oz)
- 1 oz whole pepperoni slices (28 g)
- fresh basil for garnish

Instructions

1. Crack the eggs in a bowl and beat. Add the marinara sauce, oregano, grated Parmesan and grated mozzarella cheese.
2. Grease a pan with ghee and add the chopped pepperoni. Cook over a medium-high heat for a few minutes to release the juices and crisp it up.
3. Add diced onion and cook for a few minutes. Add sliced red bell pepper and cook until crisp-tender.
4. Pour in the egg mixture and lower the heat to medium-low. Cook until the top starts to firm up and the edges are turning opaque (8-10 minutes).
5. Then top with the remaining cheese and pepperoni slices. Place under a broiler for 5-7 minutes to crisp up.

6. Remove from the oven and set aside to cool down. Top with fresh basil just before serving.
7. Slice and enjoy! One slice is great as a light meal, 2 slices as a full meal. Optionally, serve with some crispy greens or pickles.

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