

Keto Pizza Florentine

Hands-on 15 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 19.4 g, Fiber: 11.6 g, **Net carbs: 7.7 g,**

Protein: 33.6 g, Fat: 61.4 g, Calories: 746 kcal,

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



Ingredients (makes 2 servings / small pizzas)

- 2 small [Pizza crusts](#)
- 1/3 cup [Marinara sauce](#) (80 g / 2.8 oz)
- 2 slices bacon, sliced (60 g / 2.1 oz)
- 3 cups spinach, fresh (90 g / 3.2 oz)
- 3/4 cup mozzarella cheese for pizza, shredded (85 g / 3 oz)
- 2 tbsp grated parmesan cheese (10 g / 0.4 oz)
- 2 large eggs, free-range or organic
- 1/2 cup cherry tomatoes (75 g / 2.6 oz)
- 1 tbsp [ghee](#) or butter (you can [make your own ghee](#))
- 1/4 salt or more to taste (I like [pink Himalayan](#))
- 1 tbsp [extra virgin olive oil](#) and fresh basil for garnish

You can also use frozen & thawed spinach, about 2/3 cup. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Prepare the [pizza crust](#) and [Marinara sauce](#).
2. Preheat the oven to 220 °C/ 430 °F. Cut the bacon into small pieces. Grease a pan with ghee and add the bacon. Cook over a medium-high heat until crispy on both sides. Use a fork or a slotted spoon to place the bacon on a plate and set aside.
3. Wash and drain the spinach and add to the pan where you cooked the bacon and season with salt. Cook until wilted. When done, take off the heat and set aside.
4. Place the baked pizza crusts on a baking sheet lined with parchment paper. Spread the marinara sauce on the pizza crusts. Add shredded mozzarella cheese - keep some mozzarella for later.
5. Spread the spinach round the edges of the pizza crusts creating small wells in the middle. Add the crisped up bacon.
6. Crack one egg in the middle of each pizza. Top with the remaining

mozzarella cheese and parmesan cheese. Add the cherry tomatoes on top.

7. Place in the oven and bake for 8-10 minutes or until the egg white is cooked and the egg yolk is still runny. Remove from the oven, drizzle with olive oil and sprinkle with fresh basil before serving. Enjoy!

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