

# Pull-Apart Keto Pizza Bread

Hands-on 15 minutes Overall 45 minutes

**Nutritional values (per serving):** Total carbs: 6.1 g, Fiber: 4 g, **Net carbs: 2.1 g**,

Protein: 11.8 g, Fat: 12.5 g, Calories: 174 kcal,

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



## Ingredients (makes 12 servings/ buns)

### Wet ingredients:

1/2 cup [homemade Marinara sauce](#) (120 g/ 4.2 oz)

4 large egg whites

1/2 cup water, lukewarm (120 ml/ 4 fl oz)

1 tsp [ghee](#) or duck fat for greasing

### Dry ingredients:

3/4 cup [sesame seed flour](#) (60 g/ 2.1 oz)

1/3 cup [flax meal](#) (50 g/ 1.8 oz)

1 cup finely grated Parmesan cheese (90 g/ 3.2 oz)

1/4 cup [psyllium husk powder](#) (32 g/ 1.1 oz)

1 tsp [cream of tartar](#)

1/2 tsp [baking soda](#)

1/4 tsp salt (I like [pink Himalayan](#))

### Topping:

120 g diced Spanish chorizo *or* pepperoni (4.2 oz)

1 cup shredded mozzarella cheese (113 g/ 4 oz)

*Optional:* leftover Marinara sauce for topping/ dipping

## Instructions

1. Prepare the [marinara sauce](#) by following [this recipe](#). You will need 1/2 cup for the bread (any leftover marinara can be used as a dip or stored in the fridge for up to 2 weeks).
2. Preheat the oven to 175 °C/ 350 °F. In a bowl, mix 1/2 cup of marinara sauce, egg whites and water.
3. Dice the chorizo into small pieces (up to 1 cm/ 1/2-inch each) and set aside.
4. In a bowl or a [mixer](#), combine all the dry ingredients: sesame flour, flax meal, parmesan cheese, psyllium powder, cream of tartar, baking soda and salt.

5. Grease a [medium cast iron skillet](#) (25 cm/ 10-inch) and heat over a medium heat.
6. Pour the marinara mixture into the bowl, process for a few seconds, and then add the diced chorizo.
7. Using your hands, make round 12 buns (about 60 g/ 2 oz each), and place in the preheated skillet. Transfer into the oven and bake for 25-30 minutes.
8. Top with grated mozzarella cheese and return to the oven for another 5 minutes, or until the cheese is melted and crisped up.
9. When done, remove from the oven and let the bread cool down for 5 minutes. Optionally, serve with the remaining marinara sauce. To prevent the bread from getting moist, don't leave it in the skillet. Instead, place on a cooling rack.
10. To store, let it cool down and refrigerate for up to 3 days, or freeze for up to 6 months.

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