

Keto Chicken Spinach Pizza

From Kuntry Keto



Ingredients:

- 1 Fat Head Dough Pizza Crust
- 2 -4 oz chicken grilled chicken breast.
- 2 cups Mozzarella shredded cheese
- 2 cups fresh Baby Spinach
- 1 tbsp Kerrygold unsalted butter
- 1 tbsp minced Garlic
- 1/4 tbsp Italian Seasoning
- 1/4 cup sliced Black Olives
- 1/4 small Red Onion cut into rings and rings halved. (You can chop. I just liked the look on the pizza)
- 8 grape tomatoes halved

1. Preheat oven 425°.
2. Roll out pizza dough and cook for 12 to 15 minutes. Depending on your oven. Just make sure it doesn't burn.

3. While crust is baking, put Butter in pan on stove add garlic, Italian seasoning, and onion. Cook until onion is softened and add in spinach. When Spinach is wilted, remove pan from stove.
4. When crust is complete, build your pizza.
 - 1 cup of Mozzarella
 - Chopped Chicken
 - Spinach Mixture
 - Garnish with tomato halves
 - the remaining 1 cup Mozzarella
5. Place back into oven and pull out when all cheese is melted.

Recipe makes 16 slices of pizza

Macros for 1 serving (2 slices)

4 g Net Carbs 27 g Protein

29 g Fat 389 Calories

**Remember Macros can change depending on the ingredients you use. The macros posted are strictly based on the ingredients I used creating recipe.