



KETO CALZONE RECIPE

Ever since making the [Keto Chicken Enchiladas](#) I got to thinking that there could be a way to make a Calzone without needing to use any flour of any kind (Not even Coconut or Almond Flour). So here we have it, the Keto Calzone Recipe. This can be made in a skillet if you are making only one at a time, or these can alternatively be baked in the oven on parchment paper too if you want to make more than one, or if you do not have a suitable non-stick skillet.

You will want to make sure that the skillet you are going to use for making this calzone is a very good non-stick skillet. We will not be greasing it or using any cooking spray, as the oil from the Mozzarella cheese will prove to be enough to prevent it from sticking in the first place. I strongly recommend that you do NOT try to make this recipe in a cast iron skillet.

You can also substitute any of the toppings/fillings that I used for ones that you would rather use too. Shoot, you could use Monterrey Jack instead of Mozzarella and toss some Mexican Fillings in there and make this into a Chimichanga if you wanted too (be on the look out for that recipe as soon as I get hungry again, LOL! I am still seriously stuffed from this Calzone.)

If you are looking to cut the carbs down even further, you can skip the [Rao's Marinara](#) and Mushrooms, and that would drop it by almost 2 net carbs per serving, FYI. Rao's is the lowest carb marinara I can find, but it is not the cheapest. I just stocked up on it at Kroger when they had it for \$4.99 a jar, and that's compared to a roughly \$9 per jar regular price which is insane for marinara sauce. I have also found Mezzetta's Marinara to be half the cost, and only 1 more net carb per serving.



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Ease of Preparation: Easy

Prep Time: 5 Minutes

Cooking Time: 10 Minutes

Total Time: 15 Minutes

Nutrition Facts	
2 servings per container	
Serving size	1/2 Calzone
Amount Per Serving	
Calories	400
<small>% Daily Value*</small>	
Total Fat 33g	42%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 860mg	37%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 30g	60%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients:

- 1 & 1/2 Cups Mozzarella Cheese (Shredded)

- 1/2 Cup Rao's Marinara Sauce
- 10 Pepperoni Slices
- 1/2 Cup Sausage Crumbles
- 1 Strip of Bacon (Chopped)
- 3/4 Ounce Baby Portabella Mushrooms
- 1 TBSP Parmesan or Romano Cheese
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Italian Seasoning

Instructions:

1. If you like your toppings/fillings more well cooked, then you will want to pre-cook them in the skillet as I do in the video. Otherwise these do turn out really good if you just put the topping onto the cheese immediately, and that does save some steps too.
2. After you have your toppings prepared, put the Mozzarella Cheese into your Non-Stick Skillet on Medium Heat.
3. Sprinkle the Garlic Powder and Italian Seasoning on the Cheese.
4. If you did not pre-cook your toppings, then place them on top of the cheese now, before it begins to bubble.
5. Let the cheese cook until it has bubbled for a few minutes, you can use a spatula to check the underside of the cheese, which you will probably want to be medium brown in color (similar to the color of a Pan Pizza Crust).
6. Fold the Calzone in half, and either plate it right away, or place on top of a plate lined with a double layer paper towel to allow some of the oils from the cheese to drain for a minute. I prefer to set the calzone on the paper towel as it makes for a crispier calzone in the end that has a crunchy crust-like exterior.
7. Top with freshly grated Parmesan or Romano cheese.
8. Serve with Rao's Marinara Sauce on the side (optional)

SPECIAL NOTE: *The nutrition facts include ALL of the ingredients, so if you want to make this dish even MORE LOW CARB you can cut out the Mushrooms and Marinara Sauce, and that should lower this to only 2.5 Net Carbs per serving (5 if you ate the whole thing). Keep in mind that this calzone is very dense and it is WAY more filling than it looks.*

