

- Prep Time: 5 minutes
- Cook Time: 8-10 minutes
- Total Time: 15 minutes
- Yields: 8 Roll-Ups
- Serving Size: 2 Roll-Ups
- Difficulty / Intensity: Low (Beginner-Friendly)
- Cooking Method: Oven, Air Fryer, or Skillet

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Equipment Needed

- Baking Sheet (lined with parchment paper or a silicone baking mat)
- Spatula
- Measuring Spoons
- Chef's Knife

Ingredients

Main Ingredients

- Mozzarella Cheese Slices: 8 whole slices (provone or low-moisture deli-sliced mozzarella works best)
- Pepperoni Slices: 24-32 slices (standard or mini pepperoni)

- Low-Carb Marinara Sauce: 1/4 cup (ensure no added sugar; tomato paste or crushed tomatoes base)
- Italian Seasoning: 1 teaspoon (dry blend of oregano, basil, thyme, and rosemary)
- Garlic Powder: 1/2 teaspoon
- Crushed Red Pepper Flakes: 1/4 teaspoon (optional, for heat)

Optional Toppings & Fillings

- Cooked Italian Sausage: 1/4 cup, crumbled
- Fresh Basil: 8 leaves, finely shredded
- Grated Parmesan Cheese: 2 tablespoons (for sprinkling on top)
- Ghee or Melted Butter: 1 tablespoon (for brushing)

Step-by-Step Cooking Instructions

Step 1: Prep the Oven and Pan

Preheat your oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper or a non-stick silicone mat.

Crucial Tip: Do not skip the parchment paper or silicone mat. Melting cheese will stick to aluminum foil or an ungreased baking sheet, making it difficult to roll without tearing.

Step 2: Lay Out the Cheese Base

Arrange the 8 mozzarella slices flat on the prepared baking sheet, leaving about 1 inch of space between each slice so they do not melt into one giant sheet.

Step 3: Layer the Fillings

1. Lightly spread about 1 teaspoon of low-carb marinara sauce across the top of each mozzarella slice. Keep the sauce thin to avoid making the roll-ups soggy.
2. Evenly sprinkle Italian seasoning and garlic powder across the cheese slices.
3. Lay 3 to 4 pepperoni slices in a single line down the center of each mozzarella slice. Add optional fillings like sausage or shredded basil at this point.

Step 4: Bake to Melt (Low Intensity Cook)

Place the baking sheet in the center rack of your preheated oven. Bake for 6 to 8 minutes at 400°F (200°C). Watch closely: you want the edges to turn slightly golden brown and bubbly, but the centers should remain pliable.

Step 5: Roll and Set

1. Remove the baking sheet from the oven and let it sit for 60 to 90 seconds. The cheese needs to cool slightly so it stops bubbling and gains structural integrity.

2. Using a spatula, gently lift one edge of a melted cheese slice and roll it up tightly over the pepperoni filling, forming a cylinder shape.
3. Place the roll-up seam-side down on the baking sheet or a serving platter. Repeat for the remaining 7 slices.
4. *Optional:* Brush the tops with melted butter, sprinkle with grated Parmesan, and return to the oven for an additional 2 minutes to crisp up the exterior.

Alternative Cooking Methods

Air Fryer Method (Faster & Crispier)

1. Preheat your air fryer to 375°F (190°C).
2. Place a piece of fitted parchment paper at the bottom of the air fryer basket.
3. Assemble the roll-ups cold first: lay the mozzarella slice down, add sauce and pepperoni, then tightly roll it up cold. Secure with a toothpick if necessary.
4. Place the roll-ups in the basket in a single layer (cook in batches if needed).
5. Air fry for 4 to 5 minutes until melted, bubbly, and crisp around the edges.

Stove-Top Skillet Method

1. Heat a non-stick skillet over medium-low heat.
2. Place a slice of mozzarella directly into the skillet.
3. Immediately add sauce and pepperoni down the middle.
4. Allow the cheese to melt for 2 to 3 minutes until the bottom forms a golden crust.
5. Use a spatula to roll the cheese right in the pan, then transfer to a plate.

Expert Chef Tips for Perfect Keto Pizza Roll-Ups

- **Choose the Right Cheese:** Use deli-sliced, low-moisture mozzarella or provolone. Fresh mozzarella retains too much water and will create a watery mess instead of a firm roll.
- **Watch the Sauce:** Check the label on your marinara sauce carefully. Many commercial tomato sauces contain added sugar. Look for brands with 3g or fewer net carbs per 1/4 cup serving.
- **Customize Your Fillings:** Try adding diced cooked bacon, sliced black olives, pickled jalapeños, or sautéed bell peppers for variation.

Storage & Meal Prep Instructions

- Refrigeration: Store leftover pizza roll-ups in an airtight container lined with a paper towel for up to 4 days in the refrigerator.
- Reheating: Reheat in an oven or air fryer at 350°F (175°C) for 3 to 4 minutes until warm and crisp. Avoid microwaving, as it makes the cheese rubbery and greasy.
- Freezing: It is best not to freeze cooked cheese roll-ups as the texturing breaks down upon thawing.

Comprehensive Nutritional Breakdown

The following nutrition facts are estimated per serving (2 Keto Pizza Roll-Ups).

Nutritional Component	Amount Per Serving	% Daily Value*
Calories	280 kcal	—
Total Fat	22 g	28%
Saturated Fat	10 g	50%
Trans Fat	0 g	—
Cholesterol	60 mg	20%
Sodium	680 mg	30%
Total Carbohydrates	3 g	1%
Dietary Fiber	0.5 g	2%
Total Sugars	1.5 g	—
Net Carbohydrates	2.5 g	—
Protein	18 g	36%
Calcium	350 mg	27%
Iron	0.8 mg	4%

Nutritional Component	Amount Per Serving	% Daily Value*
Potassium	140 mg	3%