

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Servings: 4 slices
Calories per serving: ~310 kcal

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Introduction

If you've been following a ketogenic or low-carb lifestyle, you already know the struggle: pizza cravings hit hard, and traditional crust is basically off the table. Enter the No-Crust Skillet Keto Pizza — a game-changing recipe that delivers all the cheesy, saucy, savory satisfaction of a classic pizza without a single grain of flour.

Instead of a dough base, this recipe uses a hearty combination of mozzarella, cream cheese, eggs, and almond flour to create a sturdy, golden crust that holds up beautifully to toppings. It's cooked entirely in a cast-iron skillet, which gives the edges a crispy, cheesy crunch while keeping the center tender and rich. Best of all, it comes together in about 30 minutes with minimal cleanup — perfect for busy weeknights when you want something indulgent but still aligned with your macros.

Whether you're keto, diabetic-friendly, gluten-free, or simply looking to cut back on carbs, this skillet pizza will quickly become a staple in your rotation. Let's dive in.

Ingredients

For the Crust

- 1½ cups shredded low-moisture mozzarella cheese (whole milk preferred)
- 2 oz cream cheese, softened and cubed
- 1 large egg, beaten
- ¼ cup almond flour (super-fine blanched recommended)

- 1 tsp baking powder
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp black pepper

For the Toppings

- ¼ cup no-sugar-added pizza sauce (or low-carb marinara)
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 12–15 slices pepperoni (nitrate-free if possible)
- ¼ cup sliced black olives (optional)
- ¼ cup sliced bell peppers (optional)

- ½ tsp crushed red pepper flakes (optional)
- Fresh basil leaves for garnish

For the Skillet

- 1 tbsp butter or olive oil (for greasing)
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Equipment

- 10-inch cast-iron skillet (or oven-safe nonstick skillet)
- Mixing bowls
- Whisk or fork
- Rubber spatula
- Measuring cups and spoons
- Oven mitts

- Sharp knife or pizza cutter
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Instructions

Step 1: Preheat and Prepare (5 minutes)

Preheat your oven to 400°F (205°C). Place your 10-inch cast-iron skillet over medium heat on the stovetop and add the butter or olive oil. Let it melt and coat the bottom and sides evenly. Keep the skillet warm while you prepare the dough — but don't let the butter burn.

Step 2: Melt the Cheeses (3-4 minutes | Medium Heat)

In a large microwave-safe bowl, combine the 1½ cups mozzarella and cream cheese. Microwave in 30-second intervals, stirring between each, until fully melted and smooth. This usually takes about 1½ to 2 minutes total. Alternatively, melt in a double boiler over low heat, stirring constantly.

Tip: Don't overheat the cheese — if it gets too hot, it becomes stringy and hard to mix.

Step 3: Build the Dough (2-3 minutes | Low Intensity)

To the melted cheese mixture, add the beaten egg, almond flour, baking powder, garlic powder, Italian seasoning, salt, and black pepper. Stir vigorously with a rubber spatula until a soft, slightly sticky dough forms. If the dough feels too wet, add 1 tablespoon of almond flour at a time until it holds together.

Step 4: Press Into the Skillet (2 minutes | Medium-Low Intensity)

Transfer the dough to the warm skillet. Using lightly greased hands or a spatula, press the dough evenly across the bottom and slightly up the sides, forming a crust about ¼-inch thick. Work quickly — the dough is easiest to shape while warm.

Step 5: Pre-Bake the Crust (8-10 minutes | 400°F)

Place the skillet in the preheated oven and bake for 8-10 minutes, or until the crust is set, slightly puffed, and golden at the edges. The crust should feel firm to the touch.



Tip: For a crispier bottom, place the skillet on the lowest oven rack during this step.

Step 6: Add Toppings (2 minutes | Low Intensity)

Remove the skillet from the oven and spread the pizza sauce evenly over the crust, leaving a small border around the edges. Sprinkle with mozzarella and Parmesan, then arrange the pepperoni, olives, and bell peppers on top. Finish with a pinch of crushed red pepper flakes if you like heat.

Step 7: Final Bake (6-8 minutes | 400°F)

Return the skillet to the oven and bake for another 6-8 minutes, until the cheese is melted, bubbly, and lightly browned. For an extra golden top, switch the oven to broil on high for the last 1-2 minutes — but watch it closely to prevent burning.

Step 8: Rest and Serve (3 minutes | No Heat)

Carefully remove the skillet from the oven and let the pizza rest for 2-3 minutes. This allows the cheese to set and makes slicing easier. Garnish with fresh basil, then slice into 4 wedges

using a pizza cutter or sharp knife. Serve hot.

Time and Intensity Summary

Phase	Time	Heat Intensity
Prep and skillet warm-up	5 min	Medium
Cheese melting	3–4 min	Medium / Low
Dough mixing	2–3 min	Low
Crust pressing	2 min	Medium-Low
Pre-bake crust	8–10 min	400°F (Oven)
Topping	2 min	None
Final bake	6–8 min	400°F (Oven)
Rest and slice	3 min	None
Total	~30 min	—

Tips for Success

- Use low-moisture mozzarella for the crust — fresh mozzarella contains too much water and will make the dough soggy.
- Don’t skip the pre-bake. It’s what gives the crust structure before the sauce and toppings are added.
- Keep toppings light. Overloading the pizza can weigh down the crust and cause it to fall apart.

- Let it rest. Those 2–3 minutes after baking make a big difference in sliceability.
- Make it your own. Swap pepperoni for sausage, mushrooms, spinach, or whatever fits your macros.

Nutrition Information (Per Slice, 4 Slices Total)

Values are estimates and may vary based on specific brands and optional toppings.

Nutrient	Amount per Slice
Calories	~310 kcal
Total Fat	~24 g
Saturated Fat	~12 g
Cholesterol	~105 mg
Sodium	~620 mg
Total Carbohydrates	~5 g
Dietary Fiber	~1 g
Net Carbs	~4 g
Sugars	~1 g
Protein	~19 g