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Description

Indulge in the rich, comforting goodness of classic Windy City comfort food without compromising your fitness or health goals. This recipe features a golden, buttery keto-friendly crust loaded with melted mozzarella, savory lean ground sausage, and a rich, herb-infused tomato sauce. Naturally packed with low-carb SEO keywords like high-protein low-carb pizza, keto deep-dish crust, and meal-prep friendly comfort food, this dish satisfies every pizza craving guilt-free.

Can This Low-Carb Chicago-Style Deep-Dish Pizza Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by providing a high-protein, low-carb alternative to traditional carb-heavy deep-dish pizza. High-protein meals help promote satiety and preserve lean muscle mass during weight loss, keeping you full for longer periods. By replacing refined wheat flour with almond and coconut flours, this pizza prevents rapid blood sugar spikes, making it easier to maintain a calorie-conscious diet.

Does Low-Carb Chicago-Style Deep-Dish Pizza Fit a High Protein Lifestyle?

This deep-dish pizza fits perfectly into a high-protein, low-carb lifestyle, delivering over 32 grams of protein per slice with under 7 grams of net carbs. By utilizing lean ground Italian sausage, whole-milk mozzarella, and protein-enriched almond flour crust, every bite packs substantial muscle-fueling power. It provides the ideal balance of clean protein and healthy fats required to fuel workouts and keep daily macronutrient targets strictly on track.

My Personal Experience

- Satisfies Deep-Dish Cravings:

Recreates the authentic, thick, savory Chicago-style layers perfectly without leaving you feeling sluggish or bloated afterward.

- Easy Weekend Meal Prep:

Holds up remarkably well when baked ahead, making weekday dinner reheating effortless while preserving flavor and texture.

- Kid and Family Approved:

Tastes so rich and cheesy that family members won't even realize they are eating a healthy, keto-friendly dinner.

Perfect For:

- High-protein, low-carb dinners
- Keto diet plans and low-carb meal prepping
- Post-workout dinner meals
- Weekend family movie nights and game-day gatherings

Why You'll Love This Recipe:

- Rich, Authentic Flavor Profile:

Combines buttery almond-mozzarella crust with zesty crushed tomatoes, garlic, and classic Italian herbs for genuine deep-dish flavor.

- Protein-Packed Satiety:

Loaded with lean sausage and real cheese to deliver maximal protein per serving, keeping hunger away for hours.

- Blood-Sugar Friendly:

Eliminates high-glycemic white flour to keep net carbs low while keeping your energy steady throughout the day.

Common Mistakes to Avoid:

1. Using watery tomato sauce: Excessive moisture ruins the thick crust; always simmer your tomatoes until thick and reduced.
2. Layering ingredients out of order: Placing sauce under cheese causes a soggy bottom; always put cheese directly on the crust first.
3. Par-baking the crust insufficiently: Skipping or shortening the pre-bake step leads to an undercooked, doughy deep-dish center.
4. Slicing too early: Cutting into the pizza immediately out of the oven causes liquid to pool; let it set for 10 minutes.

Required Equipment:

- 9-inch Springform Pan or Cast-Iron Skillet: Ensures tall, crisp edges and allows easy release of the heavy deep-dish slice.

- Parchment Paper: Prevents low-carb almond flour dough from sticking to the bottom of the pan.
- Large Skillet: Perfect for browning the sausage thoroughly while allowing excess grease to drain off before assembly.
- Mixing Bowl & Spatula: Helps blend the melted cheese dough uniformly without overworking the low-carb flours.

Storage Instructions:

Allow leftovers to cool completely before transferring slices into airtight containers. Store in the refrigerator for up to 4 days, or freeze individual wrapped slices in foil and airtight bags for up to 2 months. Reheat in an oven or air fryer at 350°F (175°C) to restore crispness without degrading the high-protein dairy and meat structure.

Recipe Details

- Preparation Time: 20 minutes
- Cooking Time: 40 minutes
- Total Time: 60 minutes
- Servings: 6 slices
- Best Season for This Recipe: All-season (Especially cozy in Fall & Winter)
- Total Calories (Per Serving): ~430 kcal (Approximate estimate)

Description

A thick, decadent high-protein Chicago deep-dish pizza built on a rich low-carb dough foundation. Stacked with thick mozzarella, savory Italian sausage, and rich marinara sauce.

Perfect for healthy dinner cravings and fitness enthusiasts.

□ Ingredients:

- Shredded Mozzarella Cheese (for dough): 2 cups (160g)
- Blanched Almond Flour: 1.25 cups (140g) (*Note: Fine grain works best for crust structure*)
- Coconut Flour: 2 tbsp (14g)
- Cream Cheese: 2 tbsp (30g), softened
- Egg: 1 large, room temperature
- Ground Italian Sausage (Lean): 3/4 lb (340g)
- Shredded Mozzarella Cheese (for filling): 1.5 cups (120g)
- Sliced Provolone Cheese: 4 slices (approx. 80g)
- Crushed Tomatoes (Canned, sugar-free): 1 cup (240ml) (*Note: Drain any excess liquid if needed*)
- Garlic: 2 cloves, minced
- Italian Seasoning: 1 tsp
- Grated Parmesan Cheese: 2 tbsp (10g), for topping
- Olive Oil: 1 tbsp (15ml)

Directions:

1. Preheat & Prepare: Preheat your oven to 375°F (190°C) and line the bottom of a 9-inch springform pan or cast-iron skillet with parchment paper.

2. Make the Crust Dough: In a microwave-safe bowl, combine 2 cups mozzarella and cream cheese; microwave in 30-second bursts until melted. Stir in almond flour, coconut flour, and egg until a smooth dough forms.
3. Shape & Par-bake Crust: Press the dough evenly across the bottom and 1.5 inches up the sides of your pan. Prick the base with a fork and bake at 375°F for 10–12 minutes until light golden; high-protein dough browns quickly, so watch carefully.
4. Cook Meat & Sauce: Heat 1 tbsp olive oil over medium-high heat in a skillet. Add ground sausage and garlic, cooking for 6–8 minutes until fully browned; drain excess fat, stir in crushed tomatoes and Italian seasoning, and simmer on low for 5 minutes until thick.
5. Layer Deep-Dish Style: Lay provolone slices directly onto the warm par-baked crust, followed by shredded mozzarella, then spoon the cooked sausage and thick tomato sauce evenly over the cheese.
6. Bake to Perfection: Sprinkle Parmesan on top and bake at 375°F (190°C) for 22–25 minutes until the edges are deep golden-brown and the cheese is bubbling throughout.
7. Rest & Serve: Remove from oven and let the pizza rest for 10 minutes so layers set before unclamping the pan and slicing into 6 equal pieces.

Nutrition Facts (Per Serving – Approximate):

- Calories: 430 kcal
- Fats: 31 g
- Cholesterol: 95 mg
- Sodium: 680 mg
- Potassium: 380 mg
- Total Carbohydrates: 10 g
- Fiber: 3.5 g

- Net Carbs: 6.5 g
- Sugars: 2.5 g
- Protein: 32 g
- Calcium: 350 mg

Notes:

- Storage Tips: Store leftovers in glass containers to keep the crust crisp and prevent tomato acidity from absorbing plastic smells.
- Reheating Instructions: Reheat in an air fryer or oven at 350°F (175°C) for 6–8 minutes; avoid microwaving as it makes the low-carb crust soft.
- Allergy Notes: Contains tree nuts (almond flour), dairy, and eggs. Substitute almond flour with sunflower seed flour for nut allergies.
- Flavor Boosts: Add fresh basil, crushed red pepper flakes, or sliced pepperonis on top of the sauce for an extra spicy kick.