



Almond Puff Dessert Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 1 tablespoon dairy-free margarine softened
- 1 tablespoons so delicious dairy free almond plus protein almondmilk
- 3 eggs
- 1 cup flour all-purpose
- 1 envelope pizza crust yeast
- 1 cup powdered confectioners' sugar
- 6 servings raspberry puree drizzle

- 0.8 teaspoon salt
- 2 tablespoons sugar
- 0.7 cup very warm water (120° to 130°F)

Equipment

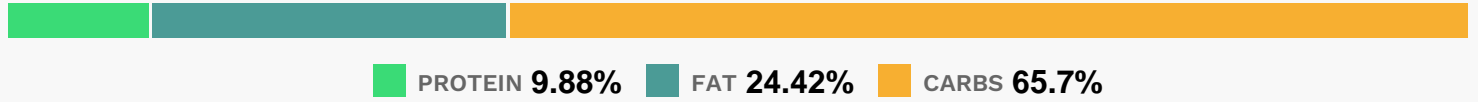
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pizza pan
- blender

Directions

- Preheat oven to 425°F.
- Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and melted margarine; mix until well blended. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes. Pat dough with floured hands to fill greased pizza pan or baking sheet. OR roll dough on a floured counter to a 12-inch circle; place in greased pizza pan or baking sheet. Form a rim by pinching edge of the dough. Set aside.
- Combine the 1 cup almond milk with the ½ cup butter in a 2 quart saucepan. Cook over medium heat until mixture comes to a full boil and butter is melted (6–8 minutes).
- Remove from heat. Stir in 1 cup flour, return to heat and cook over low and stir constantly until mixture forms a ball.
- Remove from heat.
- Add eggs, one at a time with a wire whisk. Beat until smooth and glossy.
- Spread over pastry and bake 30 minutes or until surface is crisp. Cool completely. Look for a custard type top.

- Combine powdered sugar, butter in a small mixer bowl. Beat at low speed until mixed. Then at high. Use only enough almond milk for glazing.
- Spread glaze over pizza.
- Drizzle with raspberry puree (optional) and sprinkle with almonds .

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:15.23, Inflammation Score:-5, Nutrition Score:11.674347836038%

Flavonoids

Cyanidin: 27.65mg, Cyanidin: 27.65mg, Cyanidin: 27.65mg, Cyanidin: 27.65mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 291.27kcal (14.56%), Fat: 8.09g (12.45%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 43.53g (15.83%), Sugar: 26.74g (29.71%), Cholesterol: 81.84mg (27.28%), Sodium: 341.98mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Manganese: 0.73mg (36.36%), Fiber: 5.43g (21.73%), Vitamin E: 3.24mg (21.62%), Selenium: 14.45µg (20.65%), Vitamin C: 15.9mg (19.27%), Vitamin B2: 0.32mg (19.01%), Folate: 65.24µg (16.31%), Vitamin B1: 0.21mg (13.92%), Phosphorus: 120.43mg (12.04%), Iron: 2.08mg (11.57%), Magnesium: 41.39mg (10.35%), Vitamin B3: 1.97mg (9.83%), Copper: 0.19mg (9.4%), Vitamin B5: 0.66mg (6.62%), Zinc: 0.93mg (6.22%), Potassium: 204.17mg (5.83%), Vitamin K: 6.1µg (5.81%), Calcium: 55.93mg (5.59%), Vitamin B6: 0.1mg (4.79%), Vitamin A: 237.61IU (4.75%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.47µg (3.13%)