



WHATSheATE



Gluten-Free Margherita Pizza

READY IN



125 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.7 cup water (105° to 115°F)
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 egg whites
- ☐ 16 oz flour gluten free
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon xanthan gum
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup canned tomatoes canned crushed undrained (from 14- to 15-oz can)

- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup basil fresh cut into thin strips
- ☐ 0.3 cup parmesan gluten-free shredded finely
- ☐ 4 oz mozzarella fresh cut into 1/4-inch slices

Equipment

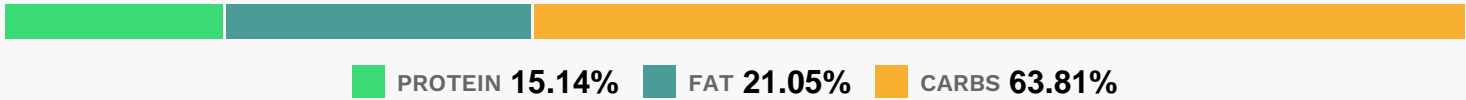
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan
- ☐ plastic wrap

Directions

- ☐ In large bowl, stir together yeast and water; let stand 5 minutes. Stir in 1 tablespoon oil and the egg white. Stir in 1 1/4 cups flour blend, the sugar, xanthan gum and 1/2 teaspoon salt. Cover with plastic wrap.
- ☐ Let stand in warm place 1 hour.
- ☐ Generously grease 12-inch pizza pan or large cookie sheet.
- ☐ Place dough on pan. Press into 11-inch circle. Cover; let rise 30 minutes.
- ☐ Heat oven to 425°F.
- ☐ With wet fingers, press dough into 12-inch circle.
- ☐ Bake 10 to 12 minutes or until edges begin to brown. Increase oven temperature to 450°F.
- ☐ In small bowl, stir together tomatoes, 1 teaspoon oil, the garlic, 1/4 teaspoon salt and the pepper.
- ☐ Spread evenly over prebaked crust to within 1/2 inch of edge.

- ☐
- Sprinkle with basil and Parmesan cheese. Divide mozzarella evenly over crust.
- ☐
- Bake about 8 minutes longer or until cheese is bubbly and edge is golden brown.
- ☐
- Let stand 1 to 2 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:61.52, Glycemic Load:43.75, Inflammation Score:-6, Nutrition Score:15.83347842486%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 398.02kcal (19.9%), Fat: 9.21g (14.17%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 62.82g (20.94%), Net Carbohydrates: 59.66g (21.69%), Sugar: 3.36g (3.73%), Cholesterol: 17.76mg (5.92%), Sodium: 528.93mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.81%), Vitamin B1: 0.75mg (49.72%), Selenium: 31.08µg (44.4%), Folate: 170.78µg (42.7%), Vitamin B2: 0.52mg (30.69%), Manganese: 0.59mg (29.46%), Vitamin B3: 5.23mg (26.14%), Iron: 3.98mg (22.12%), Phosphorus: 194.82mg (19.48%), Calcium: 167.55mg (16.76%), Fiber: 3.16g (12.64%), Zinc: 1.36mg (9.08%), Copper: 0.17mg (8.29%), Vitamin B12: 0.49µg (8.1%), Vitamin K: 7.84µg (7.47%), Magnesium: 28.56mg (7.14%), Vitamin B5: 0.61mg (6.05%), Potassium: 184.72mg (5.28%), Vitamin E: 0.78mg (5.22%), Vitamin A: 256.68IU (5.13%), Vitamin B6: 0.1mg (5%), Vitamin C: 2.19mg (2.66%)