

Gluten-Free Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 15 ounce canned tomatoes with added purée crushed canned
- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 2 large egg whites lightly beaten
- ☐ 4 large basil fresh
- ☐ 1.5 cups mozzarella fresh grated
- ☐ 1 teaspoon xanthan gum
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 tablespoon parmesan finely grated
- ☐ 0.5 cup rice flour white
- ☐ 1 teaspoon sea salt fine
- ☐ 0.3 cup sorghum flour
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup tapioca flour
- ☐ 0.5 cup milk whole

Equipment

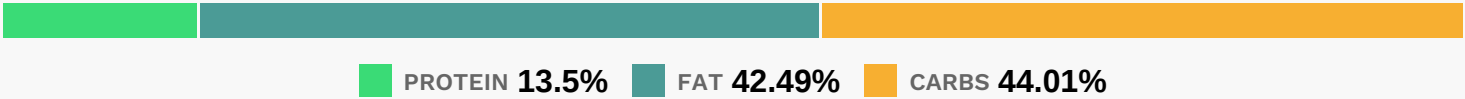
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ broiler
- ☐ candy thermometer
- ☐ pizza stone

Directions

- ☐ Make tomato sauce
- ☐ In a 4-quart nonreactive saucepan over very low heat, stir together tomatoes and oil. Bring to simmer, cover partially, and continue simmering, stirring occasionally, until sauce is reduced to 1 cup, 20 to 25 minutes. Stir in sugar, salt, and oregano, cover. Keep warm or refrigerate, covered, up to 5 days.

- ☐ Make pizza crust
- ☐ In bowl of electric mixer, whisk together tapioca flour, white rice flour, chickpea flour, sorghum flour, xanthum gum, and salt.
- ☐ In small saucepan over moderate heat, stir together milk and 1/4 cup water and heat until warm but not hot to the touch, about 1 minute (the mixture should register between 105°F and 115° F on candy thermometer). Stir in yeast and sugar.
- ☐ Add milk–yeast mixture, egg whites, and 2 tablespoons oil to dry ingredients and, using paddle attachment, beat at medium speed, scraping bowl occasionally, until dough is very smooth and very thick, about 5 minutes.
- ☐ Remove racks from oven, set pizza stone or heavy upturned baking sheet on bottom of oven, and preheat to 400°F. (Preheat at least 45 minutes if using pizza stone or 20 minutes if using baking sheet.)
- ☐ Have ready two 12-inch squares parchment paper. Scrape half of dough onto each square and form each half into a ball. Coat each ball with 2 teaspoons oil, then use oiled fingertips to pat and stretch each ball into 9-inch-diameter round, 1/4 inch thick, with a 1/2-inch-thick border. Loosely cover rounds with plastic wrap and let rise in warm draft-free place until each pizza is about 10 inches in diameter, about 20 minutes.
- ☐ Using baking peel, transfer 1 crust with parchment to preheated pizza stone and bake until top is puffed and firm and underside is crisp, 5 to 10 minutes. Using baking peel and discarding parchment paper, transfer baked crust to rack to cool.
- ☐ Bake second crust in same manner. (
- ☐ Baked crusts can be made ahead and frozen, wrapped in plastic wrap, up to 1 month. Thaw in 350°F oven until hot, 4 to 5 minutes, before topping and broiling.)
- ☐ Top and broil pizzas
- ☐ Preheat broiler.
- ☐ Transfer baked crusts to 2 large baking sheets.
- ☐ Brush 1 teaspoon olive oil over each crust.
- ☐ Spread each with sauce, leaving 1/2-inch border bare, then sprinkle each with mozzarella and Parmigiano-Reggiano.
- ☐ Drizzle remaining 2 teaspoons olive oil over pizzas.
- ☐ Broil pizzas about 4 inches from heat, rotating as needed for even browning, until cheese is bubbling and browned in places and crust is golden brown, 4 to 8 minutes. Scatter with basil, slice, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:101.02, Glycemic Load:17.82, Inflammation Score:-7, Nutrition Score:19.342608514039%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 558.76kcal (27.94%), Fat: 26.94g (41.45%), Saturated Fat: 8.55g (53.46%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 57.43g (20.88%), Sugar: 10g (11.11%), Cholesterol: 37.69mg (12.56%), Sodium: 1052.3mg (45.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.51%), Manganese: 0.75mg (37.73%), Phosphorus: 319.48mg (31.95%), Calcium: 313.18mg (31.32%), Vitamin B1: 0.41mg (27.31%), Folate: 106.54µg (26.63%), Vitamin E: 3.7mg (24.64%), Selenium: 17.17µg (24.53%), Vitamin B2: 0.39mg (22.65%), Fiber: 5.37g (21.47%), Vitamin B6: 0.4mg (19.75%), Vitamin B12: 1.15µg (19.22%), Vitamin K: 19.44µg (18.51%), Magnesium: 72.85mg (18.21%), Copper: 0.35mg (17.69%), Vitamin B3: 3.33mg (16.65%), Potassium: 572.59mg (16.36%), Iron: 2.92mg (16.21%), Zinc: 2.41mg (16.08%), Vitamin A: 598.99IU (11.98%), Vitamin C: 9.86mg (11.95%), Vitamin B5: 1.06mg (10.64%), Vitamin D: 0.51µg (3.4%)