



Gluten-Free Pizza Crust



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



502 kcal

CRUST

Ingredients

- 2.3 teaspoons active yeast dry
- 1 large eggs at room temperature
- 1 teaspoon kosher salt
- 400 grams millet flour
- 2 tablespoons olive oil plus more for sprinkling
- 300 grams potato flour
- 1 teaspoon psyllium husk powder (see Cook's Note)
- 300 grams rice flour sweet

- 0.8 cup warm water

Equipment

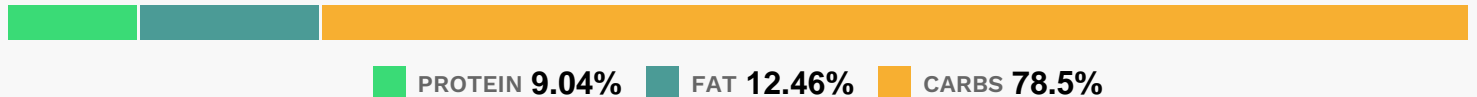
- bowl
- baking sheet
- baking paper
- oven
- whisk
- pizza pan
- plastic wrap
- stand mixer
- rolling pin
- pizza stone

Directions

- Whisk together the flour mix, yeast, psyllium, and salt.
- Pour this mixture into the bowl of a stand mixer.
- Finishing the dough: With the stand mixer running on low, add the olive oil, then the egg. Slowly, pour in the water. Here's the important part: gluten-free pizza dough will not look the same as gluten dough. It will be far wetter, even a little like pancake batter. As you pour the water, look for the dough to come together around the paddle. However, when you turn off the mixer, the dough should slump off the paddle immediately.
- Letting the dough rise: Scrape the pizza dough into a large greased bowl. Cover it with plastic wrap and set the bowl in a warm place. Gluten-free dough does not rise as much as gluten dough. Instead, you are looking for the dough to hydrate fully and increase in size by about one-third. When the dough has risen a bit and has the texture of traditional dough, about 1 1/2 hours, you're ready to bake.
- Heat the oven to 500 degrees F. If you have a pizza stone – and we recommend you do – put it in the oven now.
- If you own a pizza peel, lay down a piece of parchment paper on it now. If you don't own one, put the parchment paper on a pizza pan or baking sheet.

- Put the dough down on the parchment paper then top it with another one the same size. Using your hands or a rolling pin, flatten the dough slowly and evenly. You want a pizza dough about 12 inches in diameter. Take the top piece of parchment paper off the pizza dough.
- Sprinkle some olive oil over the top of the dough.
- Bake the dough in the oven until the edges are starting to brown and crisp and the top of the pizza is a little firm to the touch, 5 to 8 minutes.
- Pull out the pizza dough and top with whatever toppings you desire.
- Pour all the flours into a large container. (Restaurant supply stores sell large plastic containers that fit this purpose well. You could also use a large glass jar.) Shake and shake and shake harder until all the flours have become one color.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:57.03, Inflammation Score:-5, Nutrition Score:15.899565383144%

Nutrients (% of daily need)

Calories: 501.6kcal (25.08%), Fat: 6.95g (10.69%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 98.47g (32.83%), Net Carbohydrates: 93.09g (33.85%), Sugar: 2.22g (2.46%), Cholesterol: 23.25mg (7.75%), Sodium: 323.81mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.67%), Manganese: 1.07mg (53.68%), Selenium: 24.41µg (34.88%), Vitamin B6: 0.66mg (33.08%), Vitamin B1: 0.44mg (29.5%), Vitamin B3: 5.65mg (28.26%), Phosphorus: 260.2mg (26.02%), Magnesium: 98.45mg (24.61%), Fiber: 5.39g (21.56%), Copper: 0.4mg (20.11%), Iron: 2.77mg (15.38%), Potassium: 532.95mg (15.23%), Folate: 55.29µg (13.82%), Vitamin B5: 1.33mg (13.32%), Zinc: 1.97mg (13.14%), Vitamin B2: 0.13mg (7.47%), Vitamin E: 0.76mg (5.06%), Calcium: 39.77mg (3.98%), Vitamin K: 2.53µg (2.41%), Vitamin C: 1.43mg (1.73%)