



21%
HEALTH SCORE

Gluten Free Pizza Crust

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



924 kcal

CRUST

Ingredients

- 0.3 ounce yeast dry
- 0.5 teaspoon apple cider vinegar
- 1.5 teaspoons double-acting baking powder
- 0.3 cup cornstarch
- 1 eggs
- 0.3 cup bob's mill garbanzo bean flour
- 0.5 teaspoon garlic minced
- 0.8 cup flour gluten-free

- 1 teaspoon seasoning italian
- 1.5 teaspoons olive oil
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.3 cup tapioca flour
- 1 cup water lukewarm
- 1 teaspoon granulated sugar white
- 1 teaspoon xanthan gum

Equipment

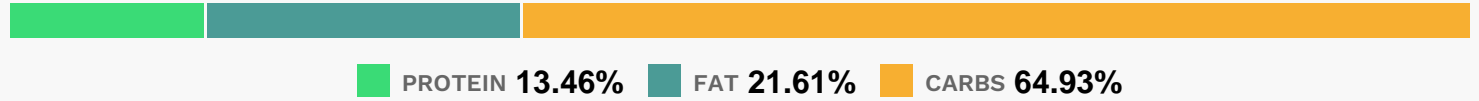
- bowl
- frying pan
- oven
- whisk
- pizza pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 15-inch pizza pan with cooking spray.
- Stir all-purpose baking flour, garbanzo bean flour, cornstarch, tapioca starch, Parmesan cheese, baking powder, xanthan gum, Italian seasoning, oregano, and salt together in a bowl; set aside.
- Dissolve 1 teaspoon of white sugar in lukewarm water in a small bowl.
- Sprinkle yeast over top, and set aside until foamy, 3 to 5 minutes.
- Beat egg in a separate bowl with olive oil, vinegar, 1 teaspoon sugar, and garlic until smooth.
- Whisk yeast mixture into egg mixture and stir in flour mixture until no dry lumps remain. Press dough into prepared pan, leaving outer edge slightly thicker than the center.
- Cook in preheated oven until dough has risen and slightly firmed, 10 to 12 minutes.

- Once topped with your favorite toppings, continue baking at 425 degrees F (220 degrees C) until the crust is golden brown, 20 to 30 minutes.
- Remove pizza from pan and cook directly on the oven rack for 5 minutes to crisp crust, if desired.

Nutrition Facts



Properties

Glycemic Index:303.09, Glycemic Load:13.12, Inflammation Score:-10, Nutrition Score:31.506956521739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 923.97kcal (46.2%), Fat: 23g (35.38%), Saturated Fat: 6.43g (40.16%), Carbohydrates: 155.5g (51.83%), Net Carbohydrates: 136.83g (49.76%), Sugar: 10.68g (11.86%), Cholesterol: 185.43mg (61.81%), Sodium: 2424.42mg (105.41%), Protein: 32.24g (64.49%), Folate: 328.65µg (82.16%), Calcium: 749.13mg (74.91%), Fiber: 18.67g (74.67%), Vitamin B1: 0.96mg (63.99%), Phosphorus: 542.08mg (54.21%), Iron: 8.48mg (47.1%), Manganese: 0.79mg (39.37%), Selenium: 26.64µg (38.05%), Vitamin B2: 0.63mg (36.83%), Vitamin K: 31.82µg (30.31%), Copper: 0.43mg (21.59%), Zinc: 3.23mg (21.52%), Magnesium: 83.93mg (20.98%), Vitamin B6: 0.41mg (20.47%), Vitamin B5: 1.94mg (19.4%), Vitamin B3: 3.63mg (18.13%), Vitamin E: 2.43mg (16.23%), Potassium: 504.64mg (14.42%), Vitamin B12: 0.73µg (12.23%), Vitamin A: 534.33IU (10.69%), Vitamin D: 1µg (6.7%)