



Gluten-Free Yeast-Raised Pizza Crust

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



3

CALORIES



669 kcal

CRUST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 large eggs
- 1 tablespoon granulated sugar
- 2.3 teaspoons yeast instant
- 2 tablespoons olive oil plus more for brushing
- 2 cups rice flour white
- 0.5 teaspoon salt
- 0.8 cup tapioca flour

- 0.5 cup water (120° to 130°F)
- 1 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- wooden spoon
- pastry brush

Directions

- In a large bowl, whisk together the dry ingredients. In a small bowl, mix together the wet ingredients with a fork or small whisk until combined.
- Pour the wet ingredients over the dry. Using a wooden spoon, stir to combine until a dough forms. The dough will be on the dry side. This is normal.
- Generously sprinkle your counter with white rice flour. Turn the dough out onto the counter. Knead the dough until it is smooth. If, after kneading for a minute, the dough is still dry and doesn't hold together, add a tablespoon more water.
- Center the dough on a 16 1/2 by 12 1/2-inch piece of parchment paper. Dust the dough generously with white rice flour.
- Roll out the dough until it covers the parchment paper.
- Set a rimmed baking sheet very close to the rolled-out crust. Grab the corners of one of the long sides of the parchment paper and slide the crust into the pan. Do this quickly.
- Lightly brush olive oil over the top of the crust with a pastry brush. Cover the dough completely with plastic wrap. Allow to rise at room temperature for 45 minutes, or until dough is light and slightly puffy.

Top and bake as directed. If recipe calls for brushing the crust with olive oil, you can skip that step because the crust is already brushed with oil.

Nutrition Facts



PROTEIN 8.45% **FAT 19.74%** **CARBS 71.81%**

Properties

Glycemic Index:76.7, Glycemic Load:59.34, Inflammation Score:-5, Nutrition Score:21.659130294605%

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

Nutrients (% of daily need)

Calories: 668.81kcal (33.44%), Fat: 14.72g (22.64%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 120.46g (40.15%), Net Carbohydrates: 114.71g (41.71%), Sugar: 4.24g (4.71%), Cholesterol: 124mg (41.33%), Sodium: 541.25mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.37%), Vitamin B1: 1.15mg (76.7%), Manganese: 1.32mg (65.93%), Folate: 230.53µg (57.63%), Selenium: 27.08µg (38.68%), Vitamin B6: 0.66mg (32.84%), Vitamin B3: 6.41mg (32.03%), Vitamin B2: 0.54mg (31.5%), Vitamin B5: 2.6mg (26%), Phosphorus: 249.03mg (24.9%), Fiber: 5.75g (23.01%), Zinc: 2mg (13.36%), Vitamin E: 1.81mg (12.08%), Magnesium: 46.78mg (11.69%), Copper: 0.21mg (10.44%), Iron: 1.64mg (9.13%), Calcium: 72.76mg (7.28%), Potassium: 222.62mg (6.36%), Vitamin K: 5.75µg (5.48%), Vitamin B12: 0.3µg (5.05%), Vitamin D: 0.67µg (4.44%), Vitamin A: 180IU (3.6%)