



Pepperoni Pizza

 Gluten Free

READY IN



93 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 teaspoons yeast dry
- 1 large eggs
- 2 large egg whites
- 0.3 cup ground flaxseed
- 2 teaspoons granulated sugar
- 0.8 cup tomatoes (such as Dell'Amore)
- 2 tablespoons olive oil divided
- 2 tablespoons parmesan fresh grated

- 1 cup part-skim mozzarella cheese shredded
- 0.3 cup potato flour
- 0.8 cup rice flour white
- 0.3 teaspoon salt
- 0.3 cup sorghum flour sweet white
- 0.3 cup tapioca flour
- 2 ounces turkey pepperoni sliced
- 0.5 cup water (100° to 110°)
- 1 teaspoon xanthan gum

Equipment

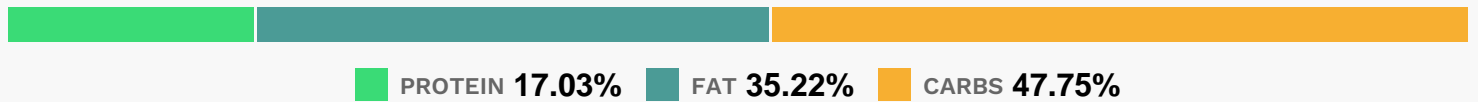
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- Combine 1/2 cup water, sugar, and yeast in a small bowl, stirring with a whisk.
- Let stand 5 minutes or until yeast mixture is bubbly.
- Weigh or lightly spoon flours, potato starch, and flaxseed meal into dry measuring cups; level with a knife.
- Combine flours, potato starch, flaxseed meal, xanthan gum, and salt in a large bowl; beat with a mixer at medium speed until blended.

- Add yeast mixture, 1 tablespoon oil, egg whites, and egg; beat at low speed 1 minute or until combined. Increase speed to medium; beat 2 minutes.
- Coat a baking sheet with 1 teaspoon oil. Scrape dough onto pan. Lightly coat hands with oil. Press dough into a 14-inch circle, coating hands with oil as needed to prevent dough from sticking. Coat top of dough with any remaining oil. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, for 30 minutes.
- Preheat oven to 40
- Remove plastic wrap, and bake crust at 400 for 17 minutes or until bottom lightly browns. Cool completely. Increase oven temperature to 42
- Spread marinara over crust, leaving a 1/2-inch border; top with mozzarella cheese, pepperoni, and Parmesan cheese.
- Bake at 425 for 16 minutes or until crust is golden and cheese melts.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:12.08, Inflammation Score:-5, Nutrition Score:11.98043487383%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 340.54kcal (17.03%), Fat: 13.5g (20.77%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 36.77g (13.37%), Sugar: 3.32g (3.69%), Cholesterol: 55.7mg (18.57%), Sodium: 613.26mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.38%), Manganese: 0.56mg (27.99%), Phosphorus: 230.57mg (23.06%), Vitamin B1: 0.32mg (21.28%), Calcium: 204.53mg (20.45%), Selenium: 13.73µg (19.61%), Fiber: 4.42g (17.69%), Magnesium: 63.45mg (15.86%), Vitamin B6: 0.29mg (14.35%), Vitamin B2: 0.24mg (14.02%), Zinc: 1.83mg (12.23%), Folate: 47.08µg (11.77%), Vitamin B3: 2.2mg (10.98%), Copper: 0.22mg (10.8%), Potassium: 373.32mg (10.67%), Iron: 1.67mg (9.25%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 285.04IU (5.7%), Vitamin K: 4.74µg (4.51%), Vitamin B12: 0.26µg (4.3%), Vitamin C: 2.53mg (3.06%), Vitamin D: 0.23µg (1.54%)