



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 flaxseed meal
- ☐ 2 teaspoons granulated sugar
- ☐ 0.8 cup lower-sodium marinara sauce (such as Dell'Amore)
- ☐ 2 tablespoons olive oil divided
- ☐ 2 tablespoons parmesan cheese 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 warm water (100° to 110°)
- ☐ 1 teaspoon xanthan gum

Equipment

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

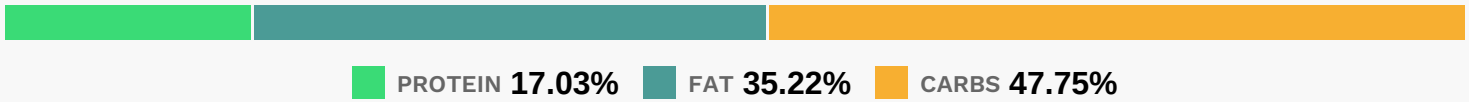
Directions

- ☐ 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.

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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: Og (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%)