



## Protein Packed Pizza

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon active yeast traditional
- ☐ 2 cups dairy-free mozzarella cheese alternative shredded (like Daiya)
- ☐ 2 cups so delicious dairy free almond plus almondmilk unsweetened lukewarm
- ☐ 1.5 cups durum wheat flour canned (If you can't find this, regular wheat flour can be substituted)
- ☐ 3 cups flour all-purpose as needed
- ☐ 8 ounce container garlic hummus
- ☐ 1 cup mushrooms sliced
- ☐ 1 bell pepper red sliced into rings

- ☐ 1 onion red sliced into rings
- ☐ 2 cups roasted chicken shredded
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch sugar

## Equipment

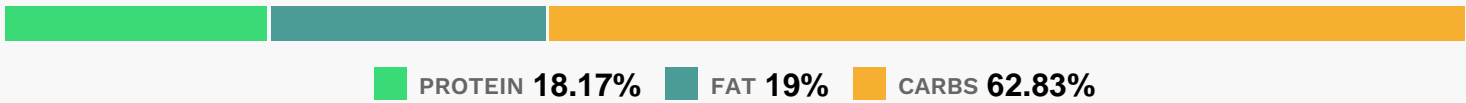
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer
- ☐ stove

## Directions

- ☐ Preheat the oven to its lowest temperature or 100°F for 5 minutes. Turn off heat. If you have a gas stove the pilot light will be warm enough to allow the dough to rise.
- ☐ Add the milk beverage to a large bowl.
- ☐ Sprinkle sugar over the milk beverage, then the yeast. Swirl with your finger. Allow to sit for 10 minutes until yeasts bubbles and floats to the top like puffs of clouds. Drop in flours, 1 cup at a time mixing with a fork or in a stand mixer with a dough hook. When you can no longer stir because the mixture is thick and sticky, begin to mix and blend with one hand, using the other hand to turn the bowl, or continue mixing in a mixer bowl with the dough hook for 3–5 minutes. When mixture is a rough ball, scrape it onto a clean, lightly floured surface and continue to knead with both hands adding flour if the mixture becomes sticky. Use your palm to push and fold the dough over itself; the dough will begin to become elastic. Continue adding flour until it is no longer sticky but is firm to the touch.
- ☐ Place in the same bowl, no need to dirty another dish. Cover with a tea cloth. Allow to rise in the warm oven until double in size approximately 1 to 1-1/2 hours.
- ☐ Remove from oven and on a clean, lightly floured surface with your hands, begin to shape dough, flattening with your hands into a disk then stretching with your knuckles underneath the dough. Pull and gently stretch to the size of your baking sheet or stone, adding flour/cornmeal if the dough becomes too sticky. If it will not yield allow to rest in between stretching.

- ☐ Sprinkle cornmeal on the baking sheet or stone, and place the shaped dough on it. Allow the shaped dough to rest and rise again for 15 to 20 minutes on the greased baking sheet/stone.Preheat the oven to 375°F.
- ☐ Spread the hummus over the dough.
- ☐ Sprinkle with chicken, bell pepper, onion, mushrooms, or desired toppings. Leftover cooked poultry makes this a nutritious and hearty meal!.
- ☐ Bake until the edges are brown and underneath is golden brown when lifted from the sheet.5 minutes before the pizza is ready, sprinkle it with dairy-free cheese alternative and pop it back in oven to melt the cheese.Slice into servings

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:55.84, Inflammation Score:-9, Nutrition Score:37.374782562256%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 698.53kcal (34.93%), Fat: 14.82g (22.8%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 110.27g (36.76%), Net Carbohydrates: 105.1g (38.22%), Sugar: 4.63g (5.14%), Cholesterol: 35mg (11.67%), Sodium: 652.76mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.76%), Manganese: 2.57mg (128.4%), Selenium: 84.41µg (120.59%), Vitamin B3: 14.52mg (72.59%), Vitamin B1: 0.95mg (63.37%), Vitamin B6: 1.18mg (58.92%), Vitamin C: 44.54mg (53.99%), Phosphorus: 487.25mg (48.73%), Folate: 194.58µg (48.65%), Vitamin B2: 0.75mg (43.9%), Iron: 6.89mg (38.26%), Copper: 0.66mg (32.81%), Magnesium: 108.14mg (27.03%), Zinc: 3.99mg (26.59%), Calcium: 242.91mg (24.29%), Potassium: 769.02mg (21.97%), Fiber: 5.17g (20.68%), Vitamin A: 953.04IU (19.06%), Vitamin B5: 1.82mg (18.16%), Vitamin B12: 0.99µg (16.53%), Vitamin E: 2.37mg (15.79%), Vitamin D: 0.98µg (6.51%), Vitamin K: 1.88µg (1.79%)