



## The Works" Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup brown rice flour divided
- ☐ 0.3 pound sausage meat
- ☐ 1 cup mushrooms sliced
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.5 cup cornstarch
- ☐ 1 small garlic clove minced
- ☐ 1 teaspoon seasoning dried italian

- ☐ 1 teaspoon olive oil
- ☐ 4 teaspoons olive oil divided
- ☐ 0.3 cup olives ripe drained sliced
- ☐ 0.5 cup onion finely chopped ( 1 small)
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 0.8 cup tomato sauce gluten-free
- ☐ 1 cup bell pepper red chopped ( 1 small)
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 cup milk 2% reduced-fat (100° to 110°)
- ☐ 2.5 teaspoons sugar divided
- ☐ 2 teaspoons xanthan gum

## Equipment

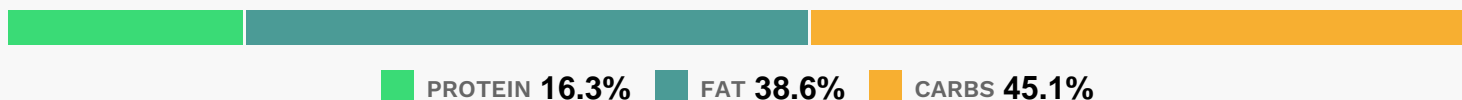
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pizza pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 45
- ☐ To prepare topping, heat 1 teaspoon olive oil in a heavy medium skillet over medium heat. Cook sausage in hot oil 5 minutes or until browned; stir to crumble.
- ☐ Add bell pepper, mushrooms, and onion; cook 4 minutes or until vegetables are tender, stirring occasionally.

- ☐ Add garlic; saut 1 minute. Stir in olives; drain sausage mixture on paper towels.
- ☐ To prepare crust, dissolve yeast and 1/2 teaspoon sugar in warm soy milk in a small bowl; let stand 5 minutes.
- ☐ Weigh or lightly spoon 3 ounces brown rice flour (3/4 cup) into dry measuring cups; level with a knife.
- ☐ Place brown rice flour, remaining 2 teaspoons sugar, cornstarch, and next 3 ingredients in a food processor. With processor on, pour yeast mixture, 1 tablespoon olive oil, and vinegar through food chute; process 30 seconds, adding 2 tablespoons brown rice flour, 1 tablespoon at a time if necessary, until mixture forms a ball.
- ☐ Coat a 12-inch pizza pan with cooking spray.
- ☐ Place dough on pan; dust with remaining 2 tablespoons brown rice flour to prevent sticking to fingers. Press dough onto pan; crimp edges of dough with fingers to form a rim.
- ☐ Place on bottom rack of oven.
- ☐ Bake at 450 for 10 minutes.
- ☐ Remove from oven, and brush edges of crust with remaining 1 teaspoon olive oil.
- ☐ Spread pizza sauce evenly over crust. Top with sausage mixture and cheese.
- ☐ Place on middle rack of oven.
- ☐ Bake at 450 for 15 minutes. Cool pizza in pan on a wire rack 5 minutes.
- ☐ Cut into 6 wedges.
- ☐ Cooking Tip Xanthan gum is a corn-based product often used in gluten-free baking as a substitute for wheat gluten to thicken and bind. Using too much can result in a baked good that is heavy or gummy, so be sure to measure carefully. Most recipes call for 1 to 2 teaspoons a little can go a long way.

## Nutrition Facts



## Properties

Glycemic Index:51.52, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:18.438695534416%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 361.16kcal (18.06%), Fat: 15.58g (23.97%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 36.88g (13.41%), Sugar: 7.27g (8.08%), Cholesterol: 34.9mg (11.63%), Sodium: 776.08mg (33.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.61%), Manganese: 1.19mg (59.52%), Vitamin C: 35.63mg (43.19%), Phosphorus: 327.15mg (32.71%), Calcium: 293.07mg (29.31%), Vitamin B1: 0.36mg (24%), Vitamin A: 1128.88IU (22.58%), Vitamin B6: 0.45mg (22.51%), Vitamin B3: 4.27mg (21.33%), Vitamin B2: 0.36mg (21.26%), Fiber: 4.1g (16.39%), Zinc: 2.38mg (15.86%), Folate: 56.63µg (14.16%), Magnesium: 56.02mg (14%), Vitamin E: 2mg (13.31%), Vitamin B5: 1.3mg (13.02%), Potassium: 440.13mg (12.58%), Selenium: 7.37µg (10.53%), Vitamin B12: 0.61µg (10.15%), Copper: 0.2mg (9.96%), Iron: 1.57mg (8.72%), Vitamin K: 6.91µg (6.58%), Vitamin D: 0.36µg (2.42%)