

Gluten-free Pizza Dough (3 Variations)

Created by Elizabeth McNear, FSHN Student

Dough Ingredients:

- ½ cup warm water (105° F)
- ½ teaspoon xanthan gum
- 1 tablespoon olive oil
- 1 teaspoon honey
- ½ teaspoon salt
- ½ teaspoon yeast
- Flour mix (see chart below)

Pizza Toppings:

- 4 ounces tomato basil and garlic Italian sauce
- ¾ cup shredded 2% milk mozzarella cheese
- Additional toppings, as desired

Nutrition Facts	
Serving Size 2 pizza slices (126g)	
Servings Per Container 3-4	
Amount Per Serving	
Calories 340	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 700mg	29%
Total Carbohydrate 54g	18%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 10g	
Vitamin A 6%	• Vitamin C 6%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3 Pizza Dough Flour Variations:

Variation 1	Variation 2	Variation 3
½ cup + 3 ½ teaspoons brown rice flour	½ cup + 1/8 cup sorghum flour	½ cup + 5 teaspoons sorghum flour
¼ cup + 2 teaspoons buckwheat flour	¼ cup + 1 ½ teaspoons millet flour	½ cup + 5 teaspoons tapioca starch
½ cup + 5 teaspoons corn starch	¼ cup 1 ½ teaspoons buckwheat flour	¼ cup + 2 teaspoons almond meal
	1/8 cup quinoa flour	
	¼ cup + 3 tablespoons potato starch	

Directions:

Put warm water (80 to 110° F) into a bowl. Add salt and honey and mix with a spoon. Add yeast, mix and let it sit for about 10 minutes.

Gradually add flour and olive oil and start mixing. When the mixture gets too heavy to mix, start kneading the dough with your hands.

Knead the dough until you have a smooth ball. If the dough cracks it is too dry. Add water bit-by-bit until it forms a nice coherent ball. If your dough feels more like batter, it is too wet and you need to add flour bit by bit. If you need to add water or flour, do it by small amounts.

Coat the dough with olive oil, place it in a large bowl and cover it with kitchen wrap or a grocery bag. Let the dough rise for about an hour at room temperature, then push it down again so it deflates. Let it sit for about another hour. If you want to use it the next day, put it in a refrigerator.

Put the dough on a lightly floured surface, put a bit of flour on top of the dough, and make it into the shape of a pie by stretching it out from the center outwards. Use a rolling pin until the dough is about ¼ inch thick. Punch some holes in the dough with a fork to let the air escape while the pizza is in the oven.

Spread on pizza sauce and add desired toppings.

Bake the pizza in a preheated 400 - 450° F oven for about 20 to 25 minutes until the crust is light brown.

Yield: 1 pizza (approximately 3-4 servings)

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

