



Product Profile

Pulse Flour Milling and Utilization Project | Cigi (Canadian International Grains Institute) | cigi.ca



Gluten-Free Pizza Crust Formulated with Yellow Pea Flour

Nutrition Facts for Gluten-Free Pizza Crust Formulated with Whole Yellow Pea Flour

Nutrition Facts	
Valeur nutritive	
Serving Size (62 g) / Portion (62 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 180	
Fat / Lipides 3g	5%
Saturated / saturés 0.5g + Trans / trans 0g	3%
Cholesterol / Cholestérol 0mg	
Sodium / Sodium 190mg	8%
Carbohydrate / Glucides 29g	10%
Fibre / Fibres 4g	16%
Sugars / Sucres 3g	
Protein / Protéines 6g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	6%

Yellow Pea Flour in Gluten-Free Pizza Crust

Many gluten-free flours and starches are low in nutritional value. Yellow pea flour is gluten-free and a good source of dietary fibre, protein, vitamins and minerals, contributing numerous health benefits to consumers. Using yellow pea flour in gluten-free food products is a good way to add nutrients but can also result in changes to the quality of the end-product. Understanding how yellow pea flour can change formulation and processing requirements is essential for future gluten-free food product development. Utilizing yellow pea flour in gluten-free formulations can resolve growing consumer demands for gluten-free foods that are both healthy and delicious.

Gluten-free pizza dough was made using stone milled whole yellow pea flour according to a method developed by the University of Manitoba (2013) using the formulation in Table 1. Dry ingredients were mixed followed by the addition of oil and water. The dough was mixed for 5 min on low speed (until smooth) using a Kitchenaid stand mixer. The dough was allowed to sit covered at room temperature for 45 minutes. The dough was then pressed by hand, using yellow pea flour to prevent sticking, into a 12 inch greased pizza pan. A fork or docking wheel was used to add holes to the dough surface prior to adding toppings. The pizza dough was baked at 375°F for 12 minutes. For a par-baked product, the dough could be baked for 6 minutes at 375°F, which could then be finished with toppings and then baked for an additional 6-10 minutes before consuming.

Table 1. Formulation for Gluten-Free Yellow Pea Flour Pizza Crust

Ingredient	Amount (g)
Yellow Pea flour	140
Tapioca starch	140
White sugar	20
Egg white powder	14
Table salt	3.8
Pizza yeast	3.5
Xanthan gum	2.8
Citric acid	0.2
Water	458
Olive oil	23

CONTACT US

To learn more about the Cigi Pulse Flour Milling and Utilization Project or to discuss your application needs please contact:

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