



# KETO WHEAT PIZZA CRUST MIX

## KETO WHEAT PIZZA CRUST

MAKES TWO 12" PIZZA CRUSTS

### YOU'LL NEED

12" PIZZA CRUST	1	2
YEAST (PACKET INCLUDED)	½ packet	full packet
LUKEWARM WATER	¾ cup	1 ½ cups
OLIVE OIL	2 tablespoons	4 tablespoons
MIX	1 ½ cups	full bag

### DIRECTIONS

- COMBINE** yeast, water, oil, and mix in a medium bowl. Stir then knead (by hand or a mixer with a dough hook) until the dough is bouncy and firm, about 2 minutes. Cover and let rise until puffy, about 1 hour.
- PREHEAT** oven to 475°F. Grease a baking sheet or 12" pizza pan with olive oil. If making two pizzas, divide dough in half and oil a second pan. Transfer dough to prepared pan(s) and turn to coat with oil.
- PRESS** dough into 12" circle. Cover and let rest for 10 minutes, then press to 12" again if the dough has become smaller in diameter. Top with sauce, cheese, and additional toppings, as desired.
- BAKE** pizza(s) until cheese is bubbling and crust is browned, 15 to 18 minutes.



### MIX IT UP WITH KETO-FRIENDLY GARLIC KNOTS

These soft and chewy garlic knots are slathered in garlic butter and topped with melty Parmesan cheese. With only 1g net carb, they make the perfect snack, appetizer, or pizza night side. Get the recipe: [BakeWith.Us/MixItUp](https://www.kingarthurbaking.com/recipes/mix-it-up-with-keto-friendly-garlic-knots)



Nutrition Facts		
16 servings per container (One serving = one slice)		
Serving size 2 tbsps mix (18g)		
	Mix	Prepared
Calories	<b>45</b>	<b>80</b>
	% Daily Value*	% Daily Value*
Total Fat	0.5g 1%	4g 5%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	140mg 6%	140mg 6%
Total Carbohydrate	8g 3%	8g 3%
Dietary Fiber	7g 25%	7g 25%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
Protein	8g	8g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	19mg 2%	20mg 2%
Iron	1mg 6%	1mg 6%
Potassium	31mg 0%	39mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** MIX: VITAL WHEAT GLUTEN, MODIFIED WHEAT STARCH, CELLULOSE & PSYLLIUM FIBER BLEND, WHEY PROTEIN CONCENTRATE, KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), SALT, INACTIVE YEAST. YEAST: YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID.

**CONTAINS:** MILK, WHEAT.

**DISTRIBUTED BY**  
KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VT 05055  
800-827-6836 | [KingArthurBaking.com](https://www.KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit: [KingArthurBaking.com/Allergen-Program](https://www.KingArthurBaking.com/Allergen-Program)

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**



### BAKING WITH JOY SINCE 1790

Baking is about making something special and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our keto-wheat mixes so good.

### PIZZA NIGHT REIMAGINED!

Finally, a pizza crust mix that delivers on traditional pizza taste and texture with only 1g net carb\* per serving. It's now easier than ever to prepare a keto-friendly pizza without having to compromise on taste.

### TRY ALL OF OUR KETO BAKING PRODUCTS

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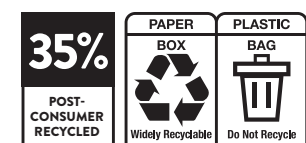
# KETO WHEAT PIZZA CRUST MIX



**1g NET CARB PER SERVING\***

**MAKES TWO CRISP & CHEWY CRUSTS**

BEST IF BAKED BY:



100% recycled fiber with a minimum of 35% post-consumer content.

\* 8G TOTAL CARBS - 7G DIETARY FIBER = 1G NET CARB ONE SLICE PER SERVING. YEAST PACKET INCLUDED. SERVING SUGGESTION.



## KETO WHEAT PIZZA CRUST MIX

- > 1G NET CARB PER SERVING\*
- > MAKES 2 CRISP & CHEWY CRUSTS
- > YEAST INCLUDED

### BAKER'S TIPS:

**Neapolitan-style pizza:** Place baking stone or steel in middle of oven before preheating. Shape pizza on parchment, top, and bake on hot stone or baking steel.

**For a crispier crust:** Bake pizza(s) without toppings for 10 minutes. Remove from oven, top, and finish baking, 8 to 10 minutes.

**Bake 2 pizzas at once:** Increase baking time to 20 to 23 minutes.

For guidelines on baking at high altitude, visit: [BakeWith.Us/Altitude](https://www.BakeWith.Us/Altitude)

For more tips and techniques, visit: [BakeWith.Us/PizzaGuide](https://www.BakeWith.Us/PizzaGuide)

**We're here to help.** Call or chat online with **BAKER'S HOTLINE** our friendly bakers.

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