



It's all about the base

base@doughboys.co.za

LARGE PIZZA BASE (30cm)
Amount per serving 180g
Calories 664 (2788.8kJ)
Total Fat 5 g
Saturated Fat 1 g
Monounsaturated Fat 3 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 854 mg
Total Carbohydrate 143 g
Dietary Fiber 7 g
Sugars 4 g
Proteins 11 g

Gluten Friendly Base

Ingredients:
Rice flour, potato flour, tapioca flour, chickpea flour, xanthan gum, olive oil, apple cider vinegar and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

Our bases are yeast, egg and Gluten friendly.

VEGAN

All the ingredients in our Gluten Friendly dough are certified as containing no gluten, but due to the fact that we produce our pizza bases in a wheat environment, we cannot guarantee that the finished product is 100% free from gluten and thus is not recommended for Celiac patients.

MEDIUM PIZZA BASE (26cm)
Amount per serving 150g
Calories 553 (2313.8kJ)
Total Fat 5 g
Saturated Fat 1 g
Monounsaturated Fat 3 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 712 mg
Total Carbohydrate 119 g
Dietary Fiber 6 g
Sugars 3 g
Proteins 9 g

Gluten Friendly Base

Ingredients:
Rice flour, potato flour, tapioca flour, chickpea flour, xanthan gum, olive oil, apple cider vinegar and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

Our bases are yeast, egg and Gluten friendly.

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LARGE PIZZA BASE (30cm)
Amount per serving 200g
Calories 170 (714 kJ)
Total Fat 2.27 g
Saturated Fat 0.33 g
Cholesterol 0 mg
Sodium 134.81 mg
Total Carbohydrate 31 g
Dietary Fiber 7.41 g
Sugars 3.78 g
Proteins 7.26 g

Low Carb Base

Ingredients:
Cauliflower, tapioca flour, chick pea flour, psyllium husk, garlic powder, onion powder, dried oregano and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

** We recommend using a Teflon Sheet when using our Low Carb Pizza Bases to prevent them from sticking to the oven rack or pizza oven floor.*
** Oven temperature and cooking times are just a guideline.*

Our bases are yeast, egg and Gluten friendly.

VEGAN

Our low carb dough is prepared in a kitchen where other wheat products are produced and although every precaution is taken to avoid cross-contamination, this item may contain traces of wheat.

MEDIUM PIZZA BASE (26cm)
Amount per serving 150g
Calories 127 (531 kJ)
Total Fat 1.77 g
Saturated Fat 0.24 g
Cholesterol 0 mg
Sodium 101.1 mg
Total Carbohydrate 23.2 g
Dietary Fiber 5.55 g
Sugars 2.84 g
Proteins 5.44 g

Low Carb Base

Ingredients:
Cauliflower, tapioca flour, chick pea flour, psyllium husk, garlic powder, onion powder, dried oregano and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

** We recommend using a Teflon Sheet when using our Low Carb Pizza Bases to prevent them from sticking to the oven rack or pizza oven floor.*
** Oven temperature and cooking times are just a guideline.*

Our bases are yeast, egg and Gluten friendly.

VEGAN

Our low carb dough is prepared in a kitchen where other wheat products are produced and although every precaution is taken to avoid cross-contamination, this item may contain traces of wheat.

MEDIUM PIZZA BASE (26cm)
Amount per serving 120g
Calories 345 (1443kJ)
Total Fat 2.3 g
Saturated Fat 0 g
Monounsaturated Fat 0.1 g
Polyunsaturated Fat 0.1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 454 mg
Total Carbohydrate 69 g
Dietary Fiber 2.3 g
Sugars 0 g
Proteins 11 g

Standard Wheat Base

Ingredients:
Bread flour, yeast, sunflower oil and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

Our bases are sugar and egg free.

VEGAN

LARGE PIZZA BASE (30cm)
Amount per serving 160g
Calories 460 (1932kJ)
Total Fat 3 g
Saturated Fat 0 g
Monounsaturated Fat 1 g
Polyunsaturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 605 mg
Total Carbohydrate 92 g
Dietary Fiber 3 g
Sugars 0 g
Proteins 13 g

Standard Wheat Base

Ingredients:
Bread flour, yeast, sunflower oil and salt.

Cooking instructions:

Home oven:
Heat oven to 220°C. Thaw pizza base. Precook base for 2-3 minutes. Add desired toppings. Return to oven and cook until cheese is golden brown.

Pizza Oven:
Thaw pizza base. Add desired toppings. Cook until cheese is golden brown.

Our bases are sugar and egg free.

VEGAN

Pizza Base

Our bases are prepared in a kitchen where other wheat products are produced and although every precaution is taken to avoid cross-contamination, this item may contain traces of wheat.

This is a frozen product.
Use within 3 days after opening.
Seal and refrigerate once thawed.
 Customer Care: base@doughboys.co.za