

## Basic Pizza Crust

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



279 kcal

CRUST

### Ingredients

- 0.3 ounce yeast dry
- 2 tablespoons canola oil
- 6 servings cornmeal
- 2.5 cups flour all-purpose
- 6 servings bette hagan's pizza/french bread flour mix
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1 cup water (110° to 115°)

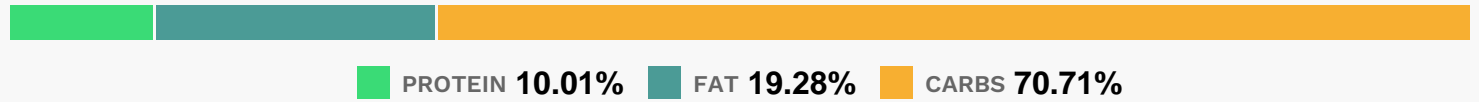
## Equipment

- bowl
- frying pan
- oven
- pizza pan

## Directions

- In a large bowl, dissolve yeast in warm water.
- Add the oil, sugar, salt and 1-1/2 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough. Turn onto a floured surface; cover and let rest for 10 minutes.
- Roll into a 13-in. circle. Grease a 12-in. pizza pan and sprinkle with cornmeal.
- Transfer dough to prepared pan, building up edges slightly. Do not let rise.
- Bake at 425° for 12–15 minutes or until browned.
- Add toppings; bake 10–15 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:35.6, Glycemic Load:33.57, Inflammation Score:-4, Nutrition Score:9.9647823939019%

## Nutrients (% of daily need)

Calories: 279.44kcal (13.97%), Fat: 5.93g (9.12%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 46.21g (16.8%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 108.53mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin B1: 0.57mg (37.92%), Folate: 126.35µg (31.59%), Selenium: 18.35µg (26.22%), Manganese: 0.42mg (21.16%), Vitamin B3: 3.8mg (18.98%), Vitamin B2: 0.31mg (18.47%), Iron: 2.96mg (16.46%), Fiber: 2.68g (10.73%), Phosphorus: 86.27mg (8.63%), Vitamin E: 0.88mg (5.9%), Magnesium: 23.19mg (5.8%), Copper: 0.11mg (5.54%), Zinc: 0.77mg (5.15%), Vitamin B6: 0.1mg (4.98%), Vitamin B5: 0.45mg (4.47%), Vitamin K: 3.51µg (3.34%), Potassium: 99.24mg (2.84%)