

Basic Pizza Crust



Vegetarian



Vegan



Dairy Free

READY IN



113 min.

SERVINGS



20

CALORIES



75 kcal

CRUST

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 3 cups flour all-purpose divided
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 cup water (100° to 110°)

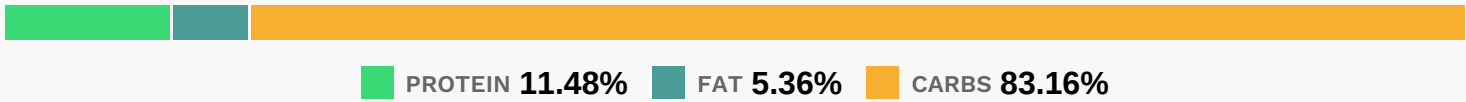
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in water in a large bowl, and let stand 5 minutes or until bubbly. Weigh or lightly spoon 15 ounces flour (about 2 cups) into dry measuring cups; level with a knife.
- ☐ Add flour, salt, and olive oil to yeast mixture; stir to form a soft dough.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 13 ounces flour (about cup), 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a bowl coated with cooking spray, turning to coat. Cover dough with plastic wrap coated with cooking spray; let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; divide in half.
- ☐ Roll each half into a 12-inch circle on a lightly floured surface.
- ☐ Place dough on 2 (12-inch) pizza pans or baking sheets each coated with cooking spray and sprinkled with 1/2 tablespoon cornmeal. Crimp edges of dough with fingers to form a rim. Cover; let rise in a warm place (85), free from drafts, for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:10.99, Inflammation Score:-2, Nutrition Score:3.0039130287326%

Nutrients (% of daily need)

Calories: 75.39kcal (3.77%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.77g (5.37%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 30.24mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin B1: 0.19mg (12.48%), Folate: 42.67µg (10.67%), Selenium: 6.42µg (9.17%), Manganese: 0.13mg (6.61%), Vitamin B2: 0.11mg (6.31%), Vitamin B3: 1.26mg (6.3%), Iron: 0.89mg (4.97%), Fiber: 0.65g (2.59%), Phosphorus: 23.6mg (2.36%), Copper: 0.03mg (1.58%), Vitamin B5: 0.13mg (1.32%), Magnesium: 4.97mg (1.24%), Zinc: 0.18mg (1.17%)