



Basic Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



113 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce active yeast dry (recommended: RapidRise)
- ☐ 4.5 cups bread flour
- ☐ 4 servings cornmeal for pan
- ☐ 3 tablespoons olive oil plus more for bowl
- ☐ 2 teaspoons salt
- ☐ 1.8 cup warm water

Equipment

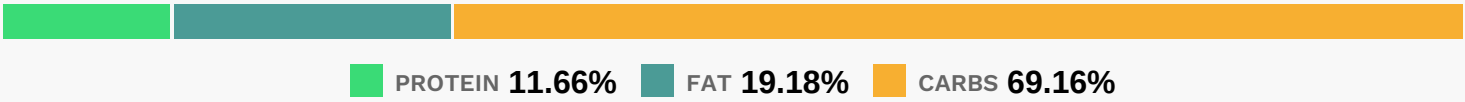
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ pizza stone

Directions

- ☐ Preheat oven at 450 degrees F.
- ☐ Measure out 1 3/4 cups warm water (it should be pleasantly warm on your wrist).
- ☐ Sprinkle the yeast on top of the water and allow it to activate, about 10 minutes.
- ☐ Put the salt and 2 cups of the flour into a food processor. Pulse 5 times to blend.
- ☐ Pour in the yeast and water and pulse 5 times.
- ☐ Add the olive oil.
- ☐ Add the remaining flour 1 cup at a time, pulsing and scraping the sides of the bowl until well blended. As soon as the mixture is combined, dump it out onto a well-floured board and knead for 15 turns, until the dough is smooth and elastic.
- ☐ Place the dough in a greased bowl and turn to coat all sides. Cover with plastic wrap or a tea towel. Allow the dough to rise in a warm place for about 45 minutes, until doubled in size, then punch it down. Divide it in half; each half will make 1 (12-inch) pizza.
- ☐ Place on a cornmeal-dusted pizza stone, pizza pan, or cookie sheet.
- ☐ Roll up edge slightly to create a ridge around the pizza.
- ☐ Bake for 16 to 18 minutes, or until crust is light brown.
- ☐ Cook's Note: If using only half dough, freeze the other half.
- ☐ Place the dough in a resealable freezer bag. To thaw, remove the bag from the freezer and place in the refrigerator for 24 hours.
- ☐ Roll the dough out while cold then allow it to come to room temperature before adding toppings.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:70.43, Inflammation Score:-4, Nutrition Score:14.584347821853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 644.63kcal (32.23%), Fat: 13.56g (20.86%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 110.02g (36.67%), Net Carbohydrates: 105.22g (38.26%), Sugar: 0.59g (0.66%), Cholesterol: 0mg (0%), Sodium: 1172.24mg (50.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Selenium: 56.57µg (80.82%), Manganese: 1.19mg (59.32%), Folate: 91.27µg (22.82%), Vitamin B1: 0.34mg (22.49%), Fiber: 4.79g (19.17%), Phosphorus: 170.19mg (17.02%), Copper: 0.31mg (15.27%), Vitamin E: 2.11mg (14.08%), Magnesium: 47.88mg (11.97%), Vitamin B3: 2.37mg (11.83%), Zinc: 1.66mg (11.06%), Vitamin B2: 0.16mg (9.68%), Iron: 1.67mg (9.29%), Vitamin B5: 0.91mg (9.15%), Vitamin B6: 0.14mg (6.88%), Vitamin K: 6.77µg (6.45%), Potassium: 190.09mg (5.43%), Calcium: 26.16mg (2.62%)