

Basic Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 0.5 teaspoon yeast dry
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons warm water divided (100° to 110°)

Equipment

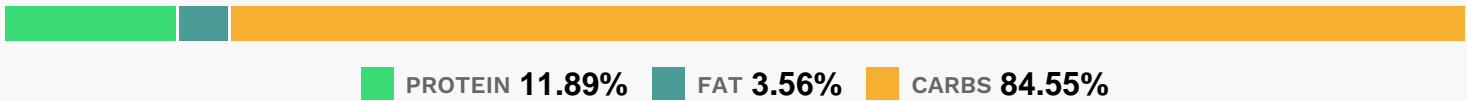
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in 1/4 cup warm water in a small bowl; let stand 5 minutes.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour and salt in a food processor; pulse 2 times or until blended. With processor on, slowly add yeast mixture through food chute.
- ☐ Add enough of remaining warm water, 1 tablespoon at a time, until dough forms a ball; process 30 seconds. Turn dough out onto a floured surface; knead lightly 4 to 5 times.
- ☐ Place dough in a bowl coated with cooking spray, turning to coat top of dough. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 10-inch circle on a lightly floured surface.
- ☐ Place dough on an inverted baking sheet sprinkled with cornmeal. Top and bake according to recipe.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:2.4956521957141%

Nutrients (% of daily need)

Calories: 62.31kcal (3.12%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 12.32g (4.48%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 146.37mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin B1: 0.15mg (9.85%), Folate: 33.57µg (8.39%), Selenium: 5.39µg (7.7%), Manganese: 0.12mg (5.78%), Vitamin B3: 1.03mg (5.16%), Vitamin B2: 0.09mg (5.07%), Iron: 0.77mg (4.27%), Fiber: 0.59g (2.37%), Phosphorus: 20.93mg (2.09%), Copper: 0.03mg (1.41%), Magnesium:

5mg (1.25%), Zinc: 0.17mg (1.1%), Vitamin B5: 0.1mg (1.02%)