

Basic Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2.5 cups bread flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 0.5 cup semolina flour plus more for rolling out
- ☐ 2 teaspoons sugar
- ☐ 1 cup warm water (100° to 110°)

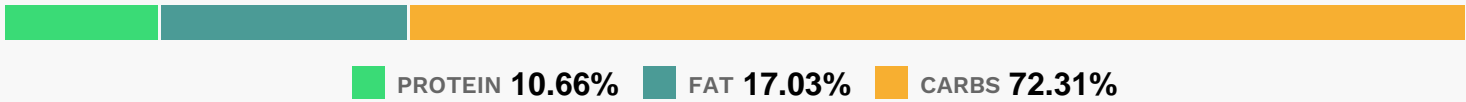
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl; let stand 5 minutes. Stir in flours, olive oil, and salt to form a soft dough.
- ☐ Turn dough out onto a surface lightly sprinkled with semolina flour; knead 5 minutes or until smooth and elastic. Shape dough into a ball, and place in a lightly greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- ☐ Punch dough down. Divide in half.

Nutrition Facts



Properties

Glycemic Index:16.59, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:5.6269565461932%

Nutrients (% of daily need)

Calories: 145.1kcal (7.26%), Fat: 2.71g (4.17%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 24.74g (9%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 195.72mg (8.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin B1: 0.33mg (21.74%), Selenium: 15.14µg (21.62%), Folate: 74.29µg (18.57%), Vitamin B2: 0.19mg (11.32%), Manganese: 0.22mg (11.17%), Vitamin B3: 2.19mg (10.97%), Iron: 1.54mg (8.56%), Fiber: 1.13g (4.54%), Phosphorus: 41.41mg (4.14%), Copper: 0.06mg (2.83%), Vitamin E: 0.37mg (2.47%), Magnesium: 9.54mg (2.39%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.31mg (2.03%), Vitamin K: 1.49µg (1.41%), Vitamin B6: 0.03mg (1.38%), Potassium: 46.6mg (1.33%)