



Bread Machine Pizza Dough

 Vegetarian

READY IN



154 min.

SERVINGS



1

CALORIES



1555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beer
- 2 tablespoons butter
- 2.5 cups flour all-purpose
- 1 teaspoon salt
- 2 tablespoons sugar
- 2.3 teaspoons yeast

Equipment

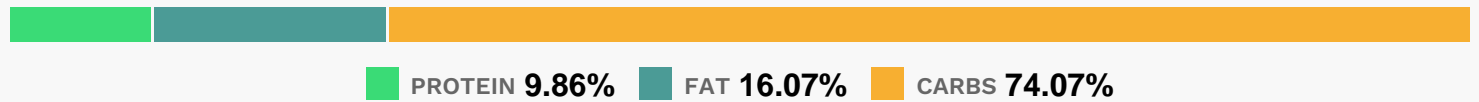
- oven

- pizza pan
- bread machine

Directions

- Put beer, butter, sugar, salt, flour, and yeast in a bread machine in the order recommended by the manufacturer. Select Dough setting, and press Start.
- Remove dough from bread machine when cycle is complete.
- Roll or press dough to cover a prepared pizza pan.
- Brush lightly with olive oil. Cover and let stand 15 minutes.
- Preheat oven to 400 degrees F (200 degrees C).
- Spread sauce and toppings on top of dough.
- Bake until crust is lightly brown and crispy on the outside, about 24 minutes.

Nutrition Facts



Properties

Glycemic Index:235.59, Glycemic Load:192.68, Inflammation Score:-10, Nutrition Score:39.863043573806%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 1554.89kcal (77.74%), Fat: 26.38g (40.58%), Saturated Fat: 14.95g (93.41%), Carbohydrates: 273.65g (91.22%), Net Carbohydrates: 263.33g (95.76%), Sugar: 24.81g (27.57%), Cholesterol: 60.2mg (20.07%), Sodium: 2525.02mg (109.78%), Alcohol: 9.2g (100%), Alcohol %: 1.9% (100%), Protein: 36.43g (72.87%), Vitamin B1: 3.24mg (215.75%), Folate: 750.67µg (187.67%), Selenium: 108.34µg (154.77%), Vitamin B3: 22.49mg (112.43%), Vitamin B2: 1.9mg (111.58%), Manganese: 2.18mg (108.95%), Iron: 14.74mg (81.87%), Phosphorus: 421.85mg (42.18%), Fiber: 10.32g (41.28%), Copper: 0.5mg (24.79%), Vitamin B5: 2.44mg (24.41%), Magnesium: 87.31mg (21.83%), Zinc: 2.8mg (18.67%), Vitamin B6: 0.35mg (17.59%), Vitamin A: 699.72IU (13.99%), Potassium: 472.62mg (13.5%), Calcium: 66.81mg (6.68%), Vitamin E: 0.84mg (5.58%), Vitamin K: 2.93µg (2.79%), Vitamin B12: 0.1µg (1.66%)