



Brick Oven Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 cup coarse-ground flour whole wheat
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 0.5 cup olive oil extra virgin divided
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar
- ☐ 5 cups unbleached flour all-purpose divided
- ☐ 2 cups warm water (100° to 110°)

Equipment

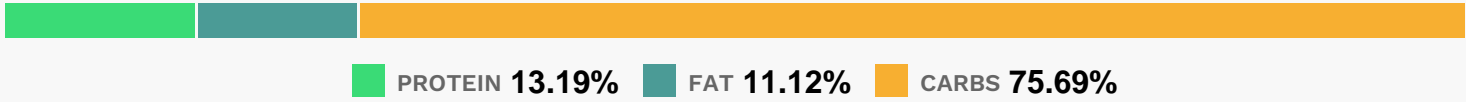
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ Combine yeast and 2 cups warm water in a 2-cup liquid measuring cup, and let stand 5 minutes.
- ☐ Combine yeast mixture, 3 cups all-purpose flour, whole wheat flour, next 3 ingredients and, if desired, cheese in a large mixing bowl; add 1/2 cup olive oil. Beat at low speed with an electric mixer until blended, stopping to scrape down sides as necessary. Stir in enough remaining all-purpose flour (about 1/3 cups) to make a stiff dough. (Dough will be smooth.)
- ☐ Place dough and 1 tablespoon oil in a large lightly greased bowl, turning to coat top. Cover and let rise in a warm place, free from drafts, 45 minutes or until dough is doubled in bulk. Punch dough down.
- ☐ Turn dough out onto a lightly floured surface, and knead 4 or 5 times. Divide dough in half, and shape into balls.
- ☐ Roll each ball into a 14-inch circle on a lightly floured surface.
- ☐ Place one 14-inch circle onto a lightly floured pizza peel; brush with 1 tablespoon oil, and prick with a fork.
- ☐ Add toppings to pizza dough.
- ☐ Place pizza gently on floor of brick oven. Repeat procedure with remaining dough circle, and place on floor of brick oven.
- ☐ Bake each pizza at 500 for 5 to 7 minutes or until browned and bubbly.

- ☐ Note: To bake in a conventional oven, place dough on a lightly floured pizza stone or baking sheet, and bake at 475 for 10 to 12 minutes.
- ☐ To freeze: Divide risen dough in half before kneading, and wrap in plastic wrap.
- ☐ Place in zip-top freezer bags; freeze up to 3 months. Thaw overnight in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:49.88, Inflammation Score:-6, Nutrition Score:16.200434807769%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 489.37kcal (24.47%), Fat: 6.03g (9.28%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 92.41g (30.8%), Net Carbohydrates: 87.04g (31.65%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 783.01mg (34.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.2%), Manganese: 1.67mg (83.37%), Selenium: 53.92µg (77.03%), Vitamin B1: 0.44mg (29.66%), Folate: 99.14µg (24.79%), Fiber: 5.37g (21.47%), Phosphorus: 187.99mg (18.8%), Vitamin B3: 3mg (14.98%), Copper: 0.3mg (14.87%), Magnesium: 56.08mg (14.02%), Iron: 2.05mg (11.36%), Vitamin B2: 0.19mg (11.25%), Zinc: 1.62mg (10.79%), Vitamin B5: 0.9mg (8.96%), Vitamin B6: 0.16mg (7.84%), Vitamin E: 1.1mg (7.31%), Vitamin K: 7.16µg (6.81%), Potassium: 201.59mg (5.76%), Calcium: 30.75mg (3.08%)