



## Cook's Illustrated's Thin-Crust Pizza

 Popular

READY IN



1500 min.

SERVINGS



2

CALORIES



1505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16.5 ounces bread flour plus more for work surface (see note)
- ☐ 28 ounce canned tomatoes whole peeled drained canned
- ☐ 2 teaspoons garlic clove minced pressed
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups water ()
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese finely grated

- ☐ 1 teaspoon red wine vinegar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil plus more for work surface
- ☐ 8 ounces mozzarella cheese shredded whole ( 2 cups; see note)
- ☐ 0.5 teaspoon yeast instant

## Equipment

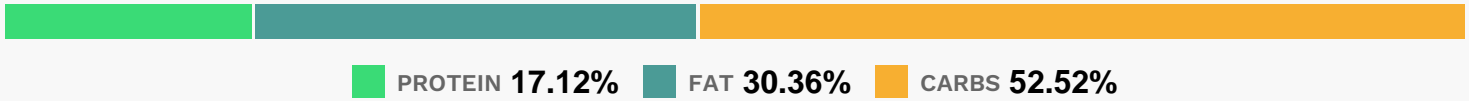
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ broiler
- ☐ pizza stone

## Directions

- ☐ For the dough: In food processor fitted with metal blade, process flour, sugar, and yeast until combined, about 2 seconds. With machine running, slowly add water through feed tube; process until dough is just combined and no dry flour remains, about 10 seconds.
- ☐ Let dough stand 10 minutes.
- ☐ Add oil and salt to dough and process until dough forms satiny, sticky ball that clears sides of workbowl, 30 to 60 seconds.
- ☐ Remove dough from bowl and knead briefly on lightly oiled countertop until smooth, about 1 minute. Shape dough into tight ball and place in large, lightly oiled bowl. Cover tightly with plastic wrap and refrigerate for at least 24 hours and up to 3 days.
- ☐ For the sauce: Process all ingredients in food processor until smooth, about 30 seconds.
- ☐ Transfer to medium bowl or container and refrigerate until ready to use.

- ☐ To bake the pizza: One hour before baking pizza, adjust oven rack to second highest position (rack should be about 4 to 5 inches below broiler), set pizza stone on rack, and heat oven to 500 degrees.
- ☐ Remove dough from refrigerator and divide in half. Shape each half into smooth, tight ball.
- ☐ Place on lightly oiled baking sheet, spacing them at least 3 inches apart; cover loosely with plastic wrap coated with nonstick cooking spray; let stand for 1 hour.
- ☐ Coat 1 ball of dough generously with flour and place on well-floured countertop. Using fingertips, gently flatten into 8-inch disk, leaving 1 inch of outer edge slightly thicker than center. Using hands, gently stretch disk into 12-inch round, working along edges and giving disk quarter turns as you stretch.
- ☐ Transfer dough to well-floured peel and stretch into 13-inch round. Using back of spoon or ladle, spread 1/2 cup tomato sauce in thin layer over surface of dough, leaving 1/4-inch border around edge.
- ☐ Sprinkle 1/4 cup Parmesan evenly over sauce, followed by 1 cup mozzarella.
- ☐ Slide pizza carefully onto stone and bake until crust is well browned and cheese is bubbly and beginning to brown, 10 to 12 minutes, rotating pizza halfway through.
- ☐ Remove pizza and place on wire rack for 5 minutes before slicing and serving. Repeat step 5 to shape, top, and bake second pizza.

## Nutrition Facts



## Properties

Glycemic Index:115.55, Glycemic Load:113.68, Inflammation Score:-10, Nutrition Score:44.247390964757%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 1505.38kcal (75.27%), Fat: 50.68g (77.97%), Saturated Fat: 21.46g (134.15%), Carbohydrates: 197.25g (65.75%), Net Carbohydrates: 186.91g (67.97%), Sugar: 15.42g (17.13%), Cholesterol: 111.33mg (37.11%), Sodium: 2892.95mg (125.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.28g (128.55%), Selenium: 121.85µg

(174.07%), Manganese: 2.35mg (117.6%), Calcium: 980.23mg (98.02%), Phosphorus: 873.83mg (87.38%), Vitamin B12: 2.92µg (48.73%), Vitamin B2: 0.81mg (47.45%), Zinc: 7.08mg (47.22%), Vitamin C: 37.88mg (45.92%), Fiber: 10.34g (41.37%), Iron: 7.09mg (39.39%), Copper: 0.77mg (38.53%), Vitamin E: 5.73mg (38.19%), Vitamin K: 38.64µg (36.8%), Magnesium: 139.56mg (34.89%), Folate: 139.07µg (34.77%), Vitamin B1: 0.5mg (33.34%), Potassium: 1148.97mg (32.83%), Vitamin B6: 0.65mg (32.47%), Vitamin A: 1470.51IU (29.41%), Vitamin B3: 5.69mg (28.43%), Vitamin B5: 1.87mg (18.69%), Vitamin D: 0.58µg (3.86%)