



Dan's Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



180 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 4 cups wheat italian all-purpose soft
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 cups ice-cold water
- ☐ 1.5 teaspoons kosher salt

Equipment

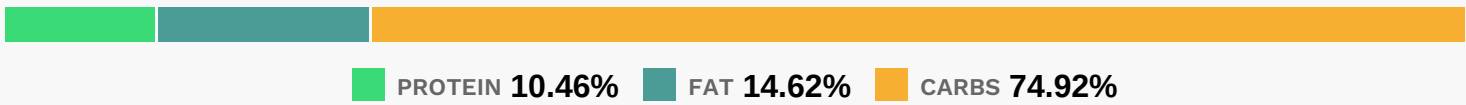
- ☐ bowl
- ☐ baking sheet

- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Place first 3 ingredients in bowl of a heavy-duty electric stand mixer; beat at low speed (using a dough hook attachment) until blended. Gradually add water and oil in a slow, steady stream, and beat at low speed 3 minutes. Beat at high speed 5 minutes.
- ☐ Cover dough with plastic wrap; let rise in a warm place (85), free from drafts, 1 1/2 to 2 hours or until almost doubled in bulk and dough is springy when lightly touched. Punch dough down, and shape into a large ball; cut dough into 4 equal pieces.
- ☐ Roll each piece of dough into a ball. Stretch top of dough around outside of ball, and pinch the edges together, forming a smooth ball.
- ☐ Place dough balls on a lightly greased baking sheet, and dust with flour. Cover with a damp towel.
- ☐ Let stand in a cool place 1 hour.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:9.2, Inflammation Score:-1, Nutrition Score:2.5147825803446%

Nutrients (% of daily need)

Calories: 69.42kcal (3.47%), Fat: 1.11g (1.71%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.29g (4.47%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 117.3mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin B1: 0.15mg (9.86%), Folate: 34.14µg (8.53%), Selenium: 5.66µg (8.09%), Manganese: 0.11mg (5.72%), Vitamin B3: 1.05mg (5.23%), Vitamin B2: 0.09mg (5.21%), Iron: 0.78mg (4.35%), Fiber: 0.49g (1.97%), Phosphorus: 18.99mg (1.9%), Copper: 0.03mg (1.33%)