



Deep-Dish Pizza Dough

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package active yeast dry
- 2.5 cups flour all-purpose
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1 cup warm water (105° to 115°)
- 0.5 cup cornmeal yellow
- 2 tablespoons cornmeal yellow

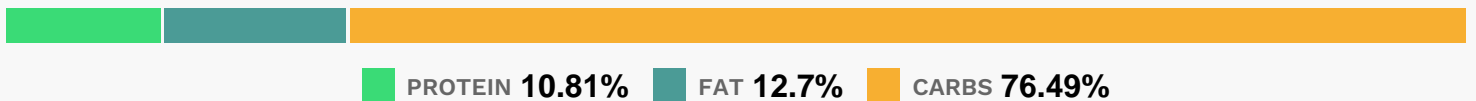
Equipment

- food processor
- bowl
- oven
- knife

Directions

- Combine first 3 ingredients in a small bowl, and let stand 5 minutes. Position knife blade in food processor bowl; add flour, 1/2 cup cornmeal, and salt, and pulse 2 times or until blended. With processor running, slowly add yeast mixture and oil through food chute, and process until dough forms a ball. Process 1 additional minute.
- Turn dough out onto a lightly floured surface; knead lightly 4 or 5 times.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Punch dough down; cover and let rest 5 minutes. Divide dough in half; roll each half into an 11-inch circle on a lightly floured surface. Coat 2 (9-inch) round cake pans with cooking spray, and sprinkle each with 1 tablespoon cornmeal.
- Place dough in prepared pans; press dough up sides of pans. Cover and let rise 20 minutes or until puffy. Top and bake according to recipe directions.

Nutrition Facts



Properties

Glycemic Index:141.05, Glycemic Load:109.3, Inflammation Score:-8, Nutrition Score:30.606956411396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 840.75kcal (42.04%), Fat: 11.73g (18.05%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 158.94g (52.98%), Net Carbohydrates: 149.1g (54.22%), Sugar: 3.19g (3.55%), Cholesterol: 0mg (0%), Sodium: 303.66mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.91%), Vitamin B1: 1.76mg (117.39%), Folate: 384.75µg (96.19%), Selenium: 56.24µg (80.35%), Manganese: 1.4mg (69.81%), Vitamin B3: 11.86mg (59.3%), Vitamin B2: 0.96mg (56.38%), Iron: 8.86mg (49.2%), Fiber: 9.84g (39.35%), Phosphorus: 302.98mg (30.3%), Magnesium: 90.69mg (22.67%), Vitamin B6: 0.41mg (20.74%), Zinc: 2.93mg (19.51%), Copper: 0.38mg (19%), Vitamin B5: 1.45mg (14.53%), Potassium: 360.98mg (10.31%), Vitamin E: 1.29mg (8.57%), Vitamin K: 4.8µg (4.57%), Calcium: 31.29mg (3.13%)