



Easy Pizza Dough



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 3.5 cups flour all-purpose
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 1 cup warm water 100° to 110°

Equipment

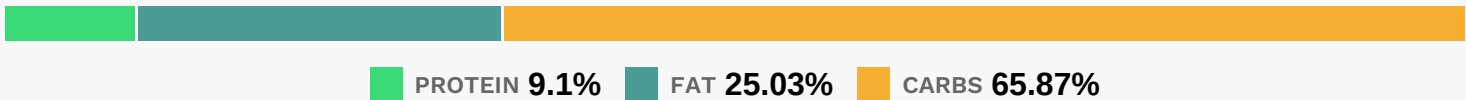
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Process first 4 ingredients in a food processor 20 seconds or until yeast is dissolved and mixture is bubbly.
- ☐ Add flour and salt; pulse 6 to 8 times or until dough forms a ball and leaves sides of bowl, adding more water if necessary.
- ☐ Place dough in a large bowl coated with cooking spray; lightly coat dough with cooking spray. Cover and chill at least 2 hours or up to 24 hours.
- ☐ Place dough on a lightly floured surface. Divide dough into 6 equal portions; roll each portion into an 8-inch round. Use dough immediately, or follow instructions below to make ahead.
- ☐ Place Easy Pizza Dough rounds on 2 lightly greased baking sheets.
- ☐ Bake at 400 for 7 minutes.
- ☐ Let cool 20 minutes.
- ☐ Place in zip-top plastic freezer bags; freeze up to 3 months.
- ☐ Let pizza crusts stand at room temperature 20 minutes before adding toppings.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:7.1108695950521%

Flavonoids

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

Nutrients (% of daily need)

Calories: 213.55kcal (10.68%), Fat: 5.88g (9.05%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 33.46g (12.17%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 235.13mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B1: 0.42mg (28.09%), Folate: 96.68µg (24.17%), Selenium: 14.9µg (21.28%), Manganese: 0.3mg (15.12%), Vitamin B2: 0.25mg (14.41%), Vitamin B3: 2.87mg (14.35%),

Iron: 2.08mg (11.57%), Fiber: 1.37g (5.5%), Vitamin E: 0.8mg (5.36%), Phosphorus: 51.82mg (5.18%), Copper: 0.07mg (3.53%), Vitamin K: 3.38µg (3.22%), Vitamin B5: 0.29mg (2.88%), Magnesium: 10.28mg (2.57%), Zinc: 0.37mg (2.46%), Potassium: 54.41mg (1.55%), Vitamin B6: 0.03mg (1.51%)