



Easy Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.1 teaspoons yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons kosher salt plus more for topping
- ☐ 3 tablespoons olive oil extra-virgin plus more for oiling the bowl
- ☐ 0.3 cup warm water
- ☐ 0.5 cup water room temperature

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Add the warm water into a small mixing bowl or a standard 2 cup measure, sprinkle the yeast over the warm water and let stand until the yeast softens, 3 to 5 minutes.
- ☐ Mix slightly to dissolve yeast and allow it to proof for another 15 minutes in a warm spot in the kitchen.
- ☐ Add the room temperature water and 1 tablespoon of the olive oil to the yeast mixture and stir to combine. Measure the flour and the salt into the bowl of a stand mixer.
- ☐ Combine on very low speed with the paddle attachment. Slowly add the liquid ingredients to the dry, and increase the speed of the mixer slightly to incorporate the mass. Stop the mixer and replace the paddle with a dough hook if you have one. Knead until the dough becomes smooth and begins to pull away from the sides of the bowl, about 4 minutes.
- ☐ Place the dough on a floured board and knead the dough by hand for another 1 to 2 minutes.
- ☐ Add flour to dust as needed to prevent sticking. Shape the dough into a ball and place in a very lightly oiled bowl and cover with a clean towel, let stand until dough doubles in size, about 1 hour.
- ☐ When the dough has doubled in bulk, divide it into 6 equal pieces (about 6 ounces each). Set the pieces of dough being used on a sheet pan and cover with a clean towel or plastic wrap. (Dough not being used can be placed in the refrigerator or frozen until ready to use.) With a rolling pin on a lightly floured surface, roll each piece of dough as evenly as possible into a 10-inch circle, dusting lightly with flour, as necessary.
- ☐ Cover with toppings and bake until golden brown, about 10 minutes.

Nutrition Facts



 **PROTEIN 8.51%**  **FAT 31.43%**  **CARBS 60.06%**

Properties

Glycemic Index:12.5, Glycemic Load:23, Inflammation Score:-4, Nutrition Score:6.8043478005768%

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: 215.44kcal (10.77%), Fat: 7.45g (11.47%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 30.75g (11.18%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 584.12mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin B1: 0.39mg (26.08%), Folate: 89.9µg (22.47%), Selenium: 14.17µg (20.25%), Manganese: 0.29mg (14.37%), Vitamin B2: 0.23mg (13.48%), Vitamin B3: 2.69mg (13.47%), Iron: 1.99mg (11.06%), Vitamin E: 1.03mg (6.89%), Fiber: 1.28g (5.13%), Phosphorus: 48.72mg (4.87%), Vitamin K: 4.34µg (4.13%), Copper: 0.07mg (3.39%), Vitamin B5: 0.26mg (2.61%), Magnesium: 9.79mg (2.45%), Zinc: 0.34mg (2.28%), Potassium: 50.34mg (1.44%), Vitamin B6: 0.03mg (1.35%)