

Gold Medal® Classic Pizza Dough

 Vegetarian  Vegan  Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups flour all-purpose for bread® bread flour
- 8 oz tomato sauce canned
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 1 teaspoon vegetable oil
- 0.5 cup water
- 2.3 teaspoons yeast dry

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- pizza pan
- plastic wrap
- wooden spoon
- kitchen thermometer
- cutting board

Directions

- In a 1-quart saucepan, heat the water over medium heat until warm and an instant-read thermometer reads 105F to 115F. In a large bowl, dissolve the yeast in the warm water. With a wooden spoon, stir in half of the flour and all of the oil, salt and sugar. Stir in enough of the remaining flour, 1/4 cup at a time, until dough is easy to handle.
- Sprinkle flour lightly on a countertop or large cutting board.
- Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. Continue kneading about 10 minutes, sprinkling surface with more flour if dough starts to stick, until dough is smooth and springy. Spray a large bowl with the cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in a warm place 20 minutes.
- Gently push your fist into the dough to deflate it. Cover bowl loosely with plastic wrap; refrigerate at least 2 hours but no longer than 48 hours. (If dough should double in size during refrigeration, gently push fist into dough to deflate it.)
- Move the oven rack to the middle position of the oven.
- Heat the oven to 425F.
- Place dough on center of an ungreased cookie sheet or 12-inch pizza pan. Press the dough into a 12-inch round, using floured fingers. Press dough from center to edge so the edge is slightly thicker than the center.
- Spread the pizza sauce over the dough to within 1/2 inch of edge.

- Add the toppings for either cheese, hamburger, Italian sausage or pepperoni pizza.
- Bake 15 to 20 minutes or until crust is golden brown and cheeses are melted and lightly browned.

Nutrition Facts

PROTEIN 12.45% **FAT 9.37%** **CARBS 78.18%**

Properties

Glycemic Index:23.76, Glycemic Load:11.44, Inflammation Score:-4, Nutrition Score:4.7447825933442%

Nutrients (% of daily need)

Calories: 86.68kcal (4.33%), Fat: 0.91g (1.39%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.83g (5.76%), Sugar: 1.31g (1.46%), Cholesterol: 0mg (0%), Sodium: 281.3mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin B1: 0.26mg (17.09%), Folate: 58.77µg (14.69%), Selenium: 6.86µg (9.8%), Vitamin B3: 1.79mg (8.93%), Vitamin B2: 0.15mg (8.82%), Manganese: 0.17mg (8.33%), Iron: 1.2mg (6.66%), Fiber: 1.19g (4.75%), Phosphorus: 34.32mg (3.43%), Copper: 0.07mg (3.35%), Potassium: 113.49mg (3.24%), Vitamin E: 0.47mg (3.11%), Vitamin B5: 0.29mg (2.91%), Vitamin B6: 0.05mg (2.48%), Vitamin A: 122.75IU (2.46%), Vitamin C: 1.99mg (2.41%), Magnesium: 9.17mg (2.29%), Vitamin K: 1.89µg (1.8%), Zinc: 0.27mg (1.8%)