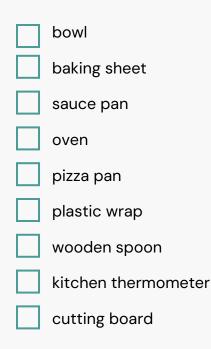


Ingredients

- 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



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.

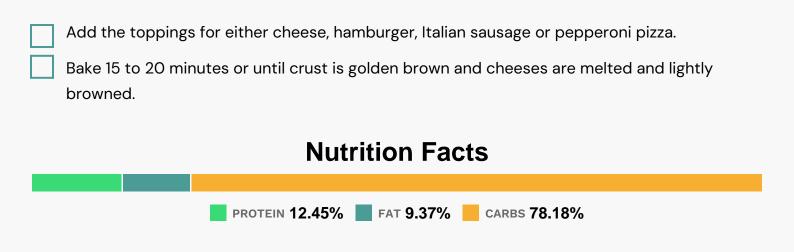
Gently push your fist into the dough to deflate it. Cover bowl loosely with plastic wrap; refrigerate at least 2 hours but no longer than 48 hours. (If dough should double in size during refrigeration, gently push fist into dough to deflate it.)

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.



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: Omg (0%), Sodium: 281.3mg (12.23%), Alcohol: Og (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%)