



How to Make Easy Homemade Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



1115 min.

SERVINGS



4

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 teaspoon active yeast dry



3 cups flour all-purpose



2 tablespoons olive oil



1.3 teaspoons salt



1.5 cups warm water 100 degrees F or 38 degrees C



0.3 teaspoon sugar white



0.3 cup flour whole wheat

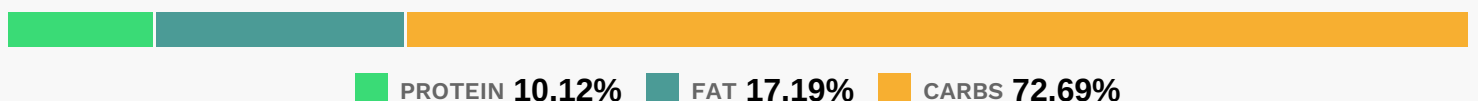
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Stir whole wheat flour, all-purpose flour, yeast, salt, sugar, olive oil, and warm water with a spatula until formed into a sticky ball of dough that pulls away from sides of a large bowl, about 3–4 minutes.
- ☐ Cover the bowl with a light cloth or plastic wrap and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) for 18 hours, until doubled in size.
- ☐ Preheat the oven to 550 degrees F (280 degrees C).
- ☐ Sprinkle a baking sheet with cornmeal.
- ☐ Turn the dough onto a lightly floured surface and sprinkle with more flour. Form the dough into a rectangle, and cut it into four equal parts. Shape each piece into a ball, stretching and tucking the dough to create a smooth surface, adding more flour if needed. Cover the dough balls with a towel and let rest for 15 minutes.
- ☐ To shape the dough, sprinkle the surface with flour and lightly pat flat. Use a rolling pin to form a thin disk about 9 inches in diameter.
- ☐ Transfer the formed crust to the prepared baking sheet and top as desired.
- ☐ Bake on the bottom rack for 4 minutes, move to the middle rack and bake for 5–6 minutes more minutes, until the bottom is crispy and the top is lightly browned. Move to cooling rack to cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:51.93, Inflammation Score:-6, Nutrition Score:15.522608643398%

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: 430.22kcal (21.51%), Fat: 8.12g (12.5%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 77.27g (25.76%), Net Carbohydrates: 73.88g (26.87%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 733.42mg (31.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.51%), Vitamin B1: 0.8mg (53%), Selenium: 36.44µg (52.05%), Manganese: 0.95mg (47.34%), Folate: 179.41µg (44.85%), Vitamin B3: 5.98mg (29.92%), Vitamin B2: 0.48mg (28.43%), Iron: 4.67mg (25.94%), Fiber: 3.39g (13.54%), Phosphorus: 129.26mg (12.93%), Copper: 0.18mg (9.07%), Magnesium: 31.91mg (7.98%), Vitamin E: 1.12mg (7.45%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.48mg (4.82%), Vitamin K: 4.64µg (4.42%), Vitamin B6: 0.07mg (3.73%), Potassium: 129.62mg (3.7%), Calcium: 19.85mg (1.99%)