

 **78%**
HEALTH SCORE

Jay's Signature Pizza Crust

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



1795 kcal

CRUST

Ingredients

- 2.3 teaspoons yeast dry
- 0.5 teaspoon brown sugar
- 3.3 cups flour all-purpose
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1.5 cups water (110 degrees f/45 degrees c)

Equipment

- bowl

- frying pan
- oven
- pizza stone

Directions

- In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes.
- Stir the salt and oil into the yeast solution.
- Mix in 2 1/2 cups of the flour.
- Turn dough out onto a clean, well floured surface, and knead in more flour until the dough is no longer sticky.
- Place the dough into a well oiled bowl, and cover with a cloth.
- Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out. Use for your favorite pizza recipe.
- Preheat oven to 425 degrees F (220 degrees C). If you are baking the dough on a pizza stone, you may place your toppings on the dough, and bake immediately. If you are baking your pizza in a pan, lightly oil the pan, and let the dough rise for 15 or 20 minutes before topping and baking it.
- Bake pizza in preheated oven, until the cheese and crust are golden brown, about 15 to 20 minutes.

Nutrition Facts



PROTEIN 10.38% **FAT 16.6%** **CARBS 73.02%**

Properties

Glycemic Index:75, Glycemic Load:230.03, Inflammation Score:-10, Nutrition Score:43.28130431206%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 1794.54kcal (89.73%), Fat: 32.62g (50.18%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 322.8g (107.6%), Net Carbohydrates: 309.67g (112.61%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 2356.25mg (102.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.74%), Vitamin B1: 4.04mg (269.39%), Folate: 926.31µg (231.58%), Selenium: 141.83µg (202.62%), Manganese: 2.87mg (143.54%), Vitamin B2: 2.34mg (137.55%), Vitamin B3: 27.42mg (137.08%), Iron: 19.68mg (109.31%), Fiber: 13.13g (52.53%), Phosphorus: 494.67mg (49.47%), Copper: 0.69mg (34.5%), Vitamin E: 4.28mg (28.55%), Vitamin B5: 2.77mg (27.73%), Magnesium: 99.24mg (24.81%), Zinc: 3.51mg (23.43%), Vitamin K: 18.13µg (17.27%), Potassium: 516.1mg (14.75%), Vitamin B6: 0.29mg (14.46%), Calcium: 78.63mg (7.86%)