

Master Pizza Dough



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 servings cornmeal



0.8 teaspoon salt



2 tablespoons vegetable oil



1 cup very warm water 120 degrees F to 130 degrees F



1 envelope fleischmann's® rapidrise yeast

Equipment



bowl



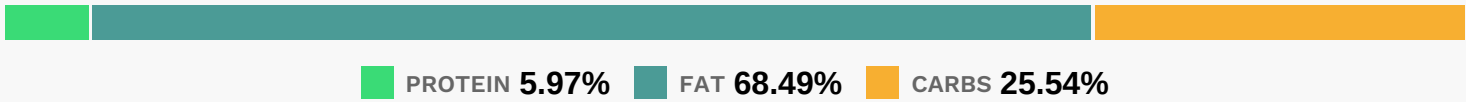
frying pan

- ☐ oven
- ☐ pizza pan

Directions

- ☐ In a large bowl, combine 2 cups flour, undissolved yeast, and salt. Stir very warm water and olive oil into flour mixture. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest on floured surface 10 minutes.
- ☐ Lightly oil 1 (14-inch) or 2 (12-inch) round pizza pan(s).**
- ☐ Sprinkle with cornmeal. Shape dough into smooth ball. Divide and roll dough to fit desired pan(s). Top pizza as desired.
- ☐ Bake at 400 degrees F for 20 to 30 minutes or until done. Baking time depends on size and thickness of crust and selected toppings.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:4.35, Inflammation Score:-2, Nutrition Score:4.4691304464055%

Nutrients (% of daily need)

Calories: 126.13kcal (6.31%), Fat: 9.83g (15.13%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.16g (0.17%), Cholesterol: 0mg (0%), Sodium: 586.9mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin B1: 0.29mg (19.11%), Vitamin K: 16.7µg (15.91%), Folate: 58µg (14.5%), Fiber: 1.57g (6.27%), Vitamin B2: 0.1mg (6.04%), Vitamin B3: 1.18mg (5.92%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.37mg (3.75%), Phosphorus: 37.36mg (3.74%), Manganese: 0.07mg (3.64%), Zinc: 0.5mg (3.36%), Magnesium: 12.76mg (3.19%), Copper: 0.05mg (2.37%), Iron: 0.36mg (1.98%), Potassium: 54.6mg (1.56%), Selenium: 0.79µg (1.12%)