



Mike's Homemade Pizza

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce active yeast dry
- 0.3 teaspoon chili powder
- 0.3 teaspoon basil dried
- 0.3 teaspoon marjoram dried
- 3 cups flour all-purpose
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper black

- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.1 teaspoon pepper flakes red crushed
- 1 teaspoon salt
- 2 tablespoons shortening
- 6 ounce tomato paste canned
- 1 tablespoon vegetable oil
- 6 fluid ounces water
- 0.5 teaspoon sugar white

Equipment

- bowl
- sauce pan
- oven

Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine flour, salt and shortening. Stir in the yeast mixture. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warm place until doubled in volume, about 45 minutes.
- Heat oil in a small saucepan over medium heat.
- Saute onion until tender. Stir in tomato paste and water. Season with sugar, salt, black pepper, garlic powder, basil, oregano, marjoram, cumin, chili powder and red pepper flakes. Simmer 15 to 20 minutes.
- Recipe makes 2 (12 inch) pizzas. Divide dough in half, and spread onto pizza pans. Cover with sauce, and desired toppings.
- Bake at 400 degrees for 20 minutes, or until crust is golden brown.

Nutrition Facts

PROTEIN 9.98% FAT 21.73% CARBS 68.29%

Properties

Glycemic Index:64.27, Glycemic Load:53.41, Inflammation Score:-8, Nutrition Score:18.455217476286%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 459.77kcal (22.99%), Fat: 11.07g (17.02%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 78.27g (26.09%), Net Carbohydrates: 73.87g (26.86%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 647.08mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin B1: 0.98mg (65.06%), Folate: 223.32µg (55.83%), Selenium: 32.39µg (46.27%), Manganese: 0.79mg (39.31%), Vitamin B3: 6.83mg (34.17%), Vitamin B2: 0.57mg (33.31%), Iron: 5.28mg (29.33%), Fiber: 4.4g (17.6%), Vitamin K: 15.25µg (14.53%), Phosphorus: 134.57mg (13.46%), Copper: 0.24mg (12.18%), Vitamin E: 1.39mg (9.28%), Magnesium: 34.67mg (8.67%), Vitamin B5: 0.84mg (8.43%), Vitamin B6: 0.17mg (8.35%), Potassium: 285.01mg (8.14%), Vitamin C: 5.42mg (6.57%), Zinc: 0.98mg (6.56%), Calcium: 43.14mg (4.31%), Vitamin A: 154.57IU (3.09%)