



New York-Style Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



640 min.

SERVINGS



6

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 cups bread flour as needed
- ☐ 3 tablespoons olive oil divided
- ☐ 1.5 teaspoons salt
- ☐ 1 cup warm water
- ☐ 1.5 teaspoons sugar white

Equipment

- ☐ bowl

- ☐ wooden spoon
- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Combine water, 1/2 cup flour, yeast, and sugar in a bowl; stir well and let sit until mixture is foamy and bubbling, about 20 minutes.
- ☐ Stir 2 cups flour, 2 tablespoons olive oil, and salt into yeast mixture using a wooden spoon until dough holds together; turn onto a lightly floured work surface.
- ☐ Coat the inside of a large bowl with 2 1/2 teaspoons olive oil.
- ☐ Knead dough, adding small amounts of flour as needed, until soft and slightly sticky, about 10 minutes.
- ☐ Form dough into a ball and place in the prepared bowl; drizzle about 1/2 teaspoon olive oil over dough and spread to coat entire ball. Cover bowl with a clean kitchen towel and place in a warm area of the kitchen until dough is doubled in size, about 2 hours.
- ☐ Punch dough down and place in a large resealable plastic bag; refrigerate 8 hours to overnight. When ready to use, remove dough from refrigerator and bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:20.28, Inflammation Score:-1, Nutrition Score:4.9004348243546%

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: 219.99kcal (11%), Fat: 7.78g (11.98%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 30.39g (11.05%), Sugar: 1.13g (1.25%), Cholesterol: 0mg (0%), Sodium: 584.93mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Selenium: 16.64µg (23.77%), Manganese: 0.34mg (16.76%), Vitamin B1: 0.16mg (10.88%), Folate: 41.39µg (10.35%), Vitamin E: 1.17mg (7.83%), Fiber: 1.32g (5.27%),

Phosphorus: 47.94mg (4.79%), Vitamin B3: 0.89mg (4.46%), Copper: 0.09mg (4.39%), Vitamin B2: 0.07mg (4.26%), Vitamin K: 4.34µg (4.14%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.45mg (3.02%), Magnesium: 11.46mg (2.87%), Iron: 0.45mg (2.47%), Vitamin B6: 0.03mg (1.66%), Potassium: 53.16mg (1.52%)