



## No Knead Pizza Bianca



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



2305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 500 grams bread flour (17.5 ounces,)
- ☐ 1 serving sea salt
- ☐ 10 grams kosher salt (0.34 ounces, 2 teaspoons)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon rosemary finely chopped
- ☐ 375 grams water lukewarm (13.25 ounces, 1 cup plus 10.5 tablespoons)
- ☐ 5 grams yeast instant (0.18 ounces,)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ cutting board
- ☐ pizza stone

## Directions

- ☐ Combine flour, salt, and yeast in a large bowl and whisk together until homogenous.
- ☐ Add water and stir with a wooden spoon until no dry flour remains. Cover bowl tightly with plastic wrap and allow to rest at room temperature overnight.
- ☐ The next day, lightly flour the dough and your hands. Scrape dough out of the bowl onto a well-floured piece of parchment paper set inside a rimmed baking sheet and gently fold dough into an even blob in the center. Dust with flour and cover with a clean kitchen towel. allow to rise at room temperature until nearly doubled in volume, about 2 hours.
- ☐ minutes before baking, adjust oven rack to upper-middle position, place a baking stone on it (or a double stack of rimmed baking sheets) and preheat oven to 550°F. Gently stretch the dough into an even rectangular shape (you shouldn't have to lift it). Carefully stipple the top surface with your fingertips.
- ☐ Drizzle with olive oil and sprinkle with coarse sea salt and rosemary if using.
- ☐ Transfer entire baking sheet with dough to pizza stone.
- ☐ Bake for 5 minutes just until the pizza is slightly firm.
- ☐ Remove from oven and transfer pizza to a pizza peel. Discard parchment paper. Return pizza to bake directly on the baking stone until burnished golden brown, about 10 to 15 minutes longer.
- ☐ Remove from oven and allow to cool for 5 minutes.
- ☐ Transfer to a large cutting board, cut into 8 or 12 rectangular slices, and serve.

# Nutrition Facts



PROTEIN 10.89%   FAT 24.87%   CARBS 64.24%

## Properties

Glycemic Index:137, Glycemic Load:235.24, Inflammation Score:-8, Nutrition Score:36.015652151049%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

## Nutrients (% of daily need)

Calories: 2305.23kcal (115.26%), Fat: 62.98g (96.9%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 365.99g (122%), Net Carbohydrates: 351.79g (127.93%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 4102.97mg (178.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.02g (124.04%), Selenium: 199µg (284.28%), Manganese: 4.02mg (201.17%), Folate: 288.14µg (72.04%), Vitamin E: 9.78mg (65.17%), Vitamin B1: 0.96mg (64.02%), Fiber: 14.2g (56.79%), Phosphorus: 518.25mg (51.83%), Copper: 1.01mg (50.3%), Vitamin B3: 7.03mg (35.15%), Magnesium: 135.96mg (33.99%), Vitamin K: 34.03µg (32.41%), Zinc: 4.76mg (31.73%), Iron: 5.53mg (30.73%), Vitamin B2: 0.51mg (29.92%), Vitamin B5: 2.87mg (28.65%), Potassium: 568.23mg (16.24%), Vitamin B6: 0.29mg (14.74%), Calcium: 116.41mg (11.64%), Vitamin C: 1.24mg (1.5%), Vitamin A: 72.56IU (1.45%)