



WHATSheATE



Pepperoni Deep-Dish Pizza

READY IN



1418 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups bread flour
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 teaspoons olive oil
- ☐ 2 tablespoons parmigiano-reggiano cheese grated
- ☐ 5 ounces part-skim mozzarella cheese shredded divided
- ☐ 2 ounces pepperoni
- ☐ 1.5 cups basic pizza sauce
- ☐ 1 cup warm water divided (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ stand mixer
- ☐ measuring cup

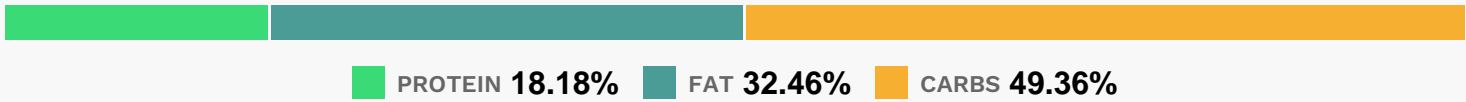
Directions

- ☐ Pour 3/4 cup warm water in the bowl of a stand mixer with dough hook attached. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour to 3/4 cup water; mix until combined. Cover and let stand 20 minutes.
- ☐ Combine remaining 1/4 cup water and yeast in a small bowl; let stand 5 minutes or until bubbly.
- ☐ Add yeast mixture, oil, and salt to flour mixture; mix 5 minutes or until a soft dough forms.
- ☐ Place dough in a large bowl coated with cooking spray; cover surface of dough with plastic wrap lightly coated with cooking spray. Refrigerate for 24 hours.
- ☐ Remove dough from refrigerator.
- ☐ Let stand, covered, 1 hour or until dough comes to room temperature. Punch dough down.
- ☐ Roll dough out to a 14 x 11inch rectangle on a lightly floured surface. Press dough into bottom and partially up sides of a 13 x 9inch metal baking pan coated with cooking spray. Cover dough loosely with plastic wrap.
- ☐ Place a baking sheet in oven on bottom rack. Preheat oven to 45
- ☐ Arrange 3/4 cup mozzarella evenly over dough; top with Basic Pizza Sauce, pepperoni, Parmigiano-Reggiano, and remaining 1/2 cup mozzarella.
- ☐ Place pan on baking sheet in oven; bake at 450 for 25 minutes or until crust is golden.

☐

 Cut pizza into 6 rectangles.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:25.57, Inflammation Score:-5, Nutrition Score:11.478695625844%

Nutrients (% of daily need)

Calories: 344.25kcal (17.21%), Fat: 12.37g (19.03%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 39.85g (14.49%), Sugar: 2.62g (2.91%), Cholesterol: 25.42mg (8.47%), Sodium: 810.02mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.17%), Selenium: 27.65µg (39.51%), Manganese: 0.54mg (27.05%), Calcium: 224.34mg (22.43%), Phosphorus: 210.37mg (21.04%), Vitamin B1: 0.22mg (14.35%), Folate: 52.71µg (13.18%), Vitamin B2: 0.22mg (12.89%), Vitamin E: 1.61mg (10.72%), Zinc: 1.6mg (10.69%), Vitamin B3: 2.1mg (10.49%), Fiber: 2.48g (9.93%), Copper: 0.19mg (9.59%), Potassium: 292.47mg (8.36%), Vitamin A: 392.91IU (7.86%), Magnesium: 31.11mg (7.78%), Vitamin B6: 0.15mg (7.45%), Iron: 1.29mg (7.17%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.34µg (5.62%), Vitamin C: 4.29mg (5.2%), Vitamin K: 4.44µg (4.22%), Vitamin D: 0.2µg (1.35%)