



56%
HEALTH SCORE

Perfect Parmesan Pizza Dough

READY IN



30 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups flour divided
- 1 teaspoon quick-rise yeast instant
- 0.3 cup olive oil
- 1 cup parmesan cheese 100% grated kraft
- 0.5 teaspoon salt
- 2 cups water cold

Equipment

- bowl

plastic wrap

ziploc bags

Directions

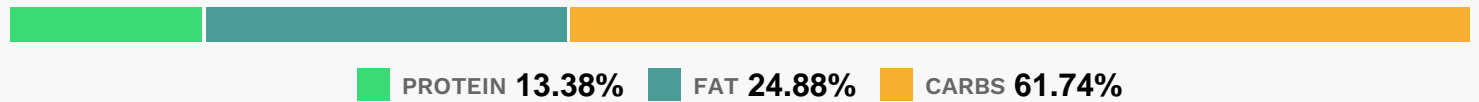
Mix 4 cups flour, Parmesan, yeast and salt in large bowl.

Add water and oil; stir until mixture forms soft dough. Knead on lightly floured surface 5 min. or until smooth and elastic, gradually adding remaining flour.

Cut dough into 4 pieces. (Each piece is enough for a 12-inch pizza.) Spray each piece with cooking spray. If using immediately, cover desired number of dough pieces loosely with plastic wrap; let stand 15 min.

Place each remaining dough piece in separate resealable freezer-weight plastic bag that has been sprayed with cooking spray. Seal bags; refrigerate up to 2 days or freeze up to 3 months.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:86.48, Inflammation Score:-8, Nutrition Score:28.893913095817%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 795.84kcal (39.79%), Fat: 21.72g (33.41%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 121.28g (40.43%), Net Carbohydrates: 116.25g (42.27%), Sugar: 0.62g (0.69%), Cholesterol: 17mg (5.67%), Sodium: 702.02mg (30.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Vitamin B1: 1.57mg (104.42%), Folate: 357.89µg (89.47%), Selenium: 58.83µg (84.04%), Vitamin B2: 0.97mg (57.35%), Manganese: 1.08mg (54.04%), Vitamin B3: 10.5mg (52.49%), Iron: 7.6mg (42.21%), Phosphorus: 361.36mg (36.14%), Calcium: 324.2mg (32.42%), Fiber: 5.03g (20.1%), Vitamin E: 2.09mg (13.95%), Zinc: 2.03mg (13.55%), Copper: 0.27mg (13.26%), Magnesium: 48.19mg (12.05%), Vitamin B5: 1.2mg (12.03%), Vitamin K: 9.03µg (8.6%), Vitamin B6: 0.14mg (6.82%), Potassium: 219.03mg (6.26%), Vitamin B12: 0.3µg (5.04%), Vitamin A: 195.25IU (3.9%)