



Pizza Crust



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1222 kcal

CRUST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 cups bread flour
- ☐ 2 tablespoons olive oil
- ☐ 1 serving pizza toppings
- ☐ 1 serving pizza sauce
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water 100° to 110°

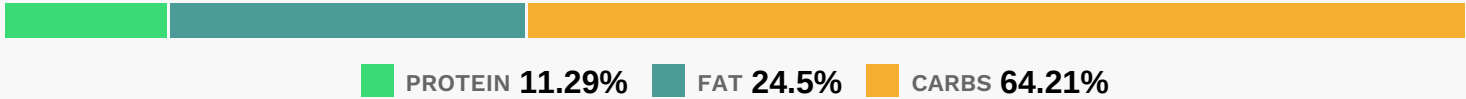
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Combine yeast, sugar, and 1 cup warm water in bowl of a heavy-duty electric stand mixer; let stand 5 minutes.
- ☐ Add 2 cups flour, oil, and salt to bowl, and beat at low speed, using dough hook attachment, 1 minute. Gradually add additional flour until dough begins to leave the sides of the bowl and pull together. (Note: The dough will take on a "shaggy" appearance as the flour is being added. When enough flour has been added, the dough will look soft and smooth, not wet and sticky or overly dry with a rough surface.)
- ☐ Increase speed to medium, and beat 5 minutes. Cover bowl of dough with plastic wrap, and let stand in a warm place (85), free from drafts, 30 minutes or until doubled in bulk. Punch dough down, and let stand 10 minutes.
- ☐ Turn dough out onto a lightly floured surface; shape dough into a ball.
- ☐ Roll dough into an 11- x 14-inch rectangle on a lightly greased baking sheet.
- ☐ Drizzle with olive oil, or spread with pesto or pizza sauce, and sprinkle with desired toppings.
- ☐ Bake at 475 for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:182.09, Glycemic Load:122.36, Inflammation Score:-8, Nutrition Score:31.143477919957%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 1221.65kcal (61.08%), Fat: 33.14g (50.98%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 195.44g (65.15%), Net Carbohydrates: 185.68g (67.52%), Sugar: 9.15g (10.17%), Cholesterol: 0mg (0%), Sodium: 2934.78mg (127.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.73%), Selenium: 100.57µg (143.68%), Manganese: 2.14mg (106.97%), Vitamin B1: 1.01mg (67.27%), Folate: 259.37µg (64.84%), Vitamin E: 6.8mg (45.31%), Fiber: 9.76g (39.05%), Copper: 0.67mg (33.34%), Vitamin B3: 6.56mg (32.82%), Phosphorus: 320.72mg (32.07%), Vitamin B2: 0.51mg (30.23%), Vitamin B5: 2.43mg (24.3%), Iron: 3.98mg (22.1%), Magnesium: 87.13mg (21.78%), Vitamin K: 21.06µg (20.06%), Zinc: 2.99mg (19.92%), Potassium: 682.35mg (19.5%), Vitamin B6: 0.32mg (15.94%), Vitamin A: 535.42IU (10.71%), Vitamin C: 8.6mg (10.42%), Calcium: 65.63mg (6.56%)