



Pizza Crust

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

CRUST

Ingredients

- 2.5 cups bread flour all-purpose for bread flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 2.3 teaspoons yeast dry quick
- 3 tablespoons vegetable oil
- 1 cup water (120°F to 130°F)

Equipment

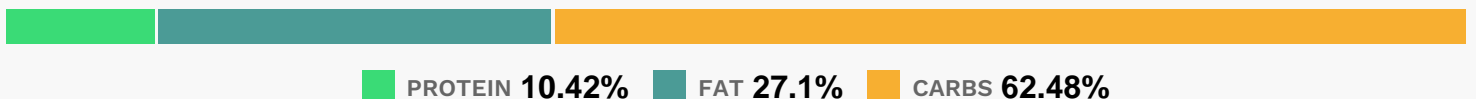
- bowl

- baking sheet
- oven
- plastic wrap
- hand mixer
- kitchen towels

Directions

- In large bowl, mix 1 cup of the flour, the sugar, salt and yeast.
- Add 3 tablespoons oil and the warm water. Beat with electric mixer on medium speed 3 minutes, scraping bowl frequently. Stir in enough of the remaining flour until dough is soft and leaves side of bowl.
- Place dough on lightly floured surface. Knead 5 to 8 minutes or until dough is smooth and springy. Cover loosely with plastic wrap; let rest 30 minutes.
- Heat oven to 425°F. Grease two flat cookie sheets or 12-inch pizza pans with oil. Divide dough in half. Pat each half into 12-inch circle on one of the cookie sheets. Partially bake 7 to 8 minutes or until crusts just begin to brown.
- Add desired toppings; bake 8 to 10 minutes or until cheese is melted. For Thick Crusts: Grease two 8-inch square pans, or two 9-inch round pans with oil.
- Sprinkle with cornmeal. Divide dough in half. Pat each half in bottom of one of the pans. Cover loosely with clean kitchen towel; let dough rise in warm place 30 to 45 minutes or until almost doubled in size. Move oven racks to lowest positions.
- Heat oven to 375°F. Partially bake 20 to 22 minutes or until crust just begins to brown.
- Add desired toppings; bake about 20 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:19.4, Inflammation Score:-1, Nutrition Score:4.4186956790964%

Nutrients (% of daily need)

Calories: 194.72kcal (9.74%), Fat: 5.82g (8.95%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 29.01g (10.55%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 293.41mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Selenium: 15.59µg (22.27%), Manganese: 0.31mg (15.65%), Vitamin K: 9.5µg (9.05%), Vitamin B1: 0.13mg (8.5%), Folate: 33.36µg (8.34%), Fiber: 1.17g (4.69%), Phosphorus: 43.46mg (4.35%), Copper: 0.08mg (4%), Vitamin E: 0.57mg (3.82%), Vitamin B3: 0.74mg (3.71%), Vitamin B2: 0.06mg (3.45%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.41mg (2.7%), Magnesium: 10.54mg (2.64%), Iron: 0.37mg (2.08%), Vitamin B6: 0.03mg (1.38%), Potassium: 47.51mg (1.36%)