



86%  
HEALTH SCORE

## Pizza Crust Fantastico

 Vegetarian  Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



2

CALORIES



960 kcal

CRUST

### Ingredients

- 1.8 teaspoons active yeast dry
- 0.3 cup masa
- 1 teaspoon basil leaves dried
- 1 teaspoon rosemary dried chopped
- 2.5 cups flour all-purpose
- 1 teaspoon ground pepper black
- 1 tablespoon honey
- 2 tablespoons olive oil

- 1 teaspoon oregano dried
- 1 teaspoon salt
- 0.5 cup tomato sauce
- 1.5 cups warm water (110 degrees F/45 degrees C)
- 0.8 cup flour whole wheat

## Equipment

- bowl
- oven
- pizza stone

## Directions

- Pour warm water into a small bowl. Dissolve honey and yeast in water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine the all-purpose flour, whole wheat flour, corn flour, salt, black pepper, oregano, basil and rosemary.
- Add the yeast mixture, tomato sauce and olive oil; stir well to combine.
- When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Meanwhile, preheat oven to 450 degrees F (230 degrees C) place pizza stone in oven if one is to be used.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into rounds, cover and let rest for 10 minutes.
- Roll the rounds out to crust size.
- Spread crusts with desired pizza sauce from the center outward and cover with desired toppings.
- Bake on preheated pizza stone or on lightly oiled pizza pans until cheese is bubbly and golden, about 12 minutes.

## Nutrition Facts



■ PROTEIN 10.55% ■ FAT 16.41% ■ CARBS 73.04%

## Properties

Glycemic Index:139.64, Glycemic Load:91.97, Inflammation Score:-10, Nutrition Score:38.411739070697%

## 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: 960.39kcal (48.02%), Fat: 17.71g (27.25%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 177.31g (59.1%), Net Carbohydrates: 164.79g (59.92%), Sugar: 11.7g (13%), Cholesterol: 0mg (0%), Sodium: 1469.63mg (63.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Manganese: 3.27mg (163.67%), Vitamin B1: 1.8mg (120.16%), Selenium: 83.59µg (119.41%), Folate: 383.61µg (95.9%), Vitamin B3: 13.49mg (67.45%), Vitamin B2: 1.03mg (60.36%), Iron: 10.79mg (59.95%), Fiber: 12.52g (50.09%), Phosphorus: 399.19mg (39.92%), Magnesium: 130.26mg (32.56%), Copper: 0.58mg (29.07%), Vitamin K: 27.9µg (26.58%), Vitamin E: 3.58mg (23.83%), Vitamin B6: 0.45mg (22.25%), Zinc: 3mg (19.97%), Potassium: 621.94mg (17.77%), Vitamin B5: 1.57mg (15.75%), Calcium: 106.9mg (10.69%), Vitamin A: 297.75IU (5.96%), Vitamin C: 4.41mg (5.34%)