



HEALTH SCORE

76%

Pizza Crust I



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



160 min.

SERVINGS



1

CALORIES



1436 kcal

CRUST

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 0.9 cup warm water
- ☐ 2 teaspoons sugar white

Equipment

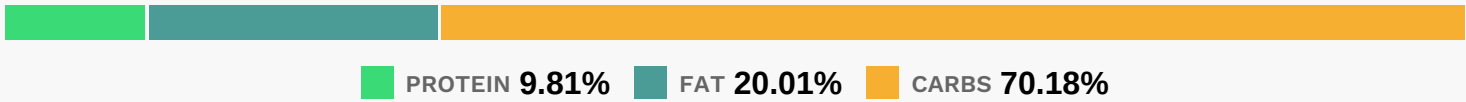
- ☐ frying pan

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Add ingredients in the order suggested by your manufacturer. Set bread-maker for dough setting and start machine. When the unit signals, remove dough.
- ☐ Pat dough into 12x15-inch jelly roll pan or greased 12-inch round pizza pan.
- ☐ Let stand 10 minutes. Preheat oven to 400 degrees F (205 degrees C).
- ☐ Spread pizza sauce over dough.
- ☐ Sprinkle toppings over sauce.
- ☐ Bake 15–20 minutes, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:145.09, Glycemic Load:178.11, Inflammation Score:-10, Nutrition Score:39.929564987674%

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: 1436.04kcal (71.8%), Fat: 31.56g (48.56%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 249g (83%), Net Carbohydrates: 238.89g (86.87%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 1764.52mg (76.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.59%), Vitamin B1: 3.14mg (209.17%), Folate: 717.47µg (179.37%), Selenium: 106.48µg (152.12%), Manganese: 2.16mg (107.77%), Vitamin B2: 1.79mg (105.54%), Vitamin B3: 20.95mg (104.76%), Iron: 14.81mg (82.28%), Fiber: 10.11g (40.44%), Phosphorus: 377.13mg (37.71%), Vitamin E: 4.22mg (28.13%), Copper: 0.51mg (25.61%), Vitamin B5: 2.21mg (22.09%), Magnesium: 74.22mg (18.56%), Zinc: 2.71mg (18.05%), Vitamin K: 17.82µg (16.97%), Vitamin B6: 0.23mg (11.54%), Potassium: 394.6mg (11.27%), Calcium: 56.39mg (5.64%)