



Pizza Dough

READY IN



30 min.

SERVINGS



30

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 cups flour divided
- 0.3 cup olive oil
- 1 cup parmesan cheese grated kraft
- 0.5 tsp salt
- 2 cups water cold
- 1 tsp fast-rising yeast

Equipment

- bowl

plastic wrap

ziploc bags

Directions

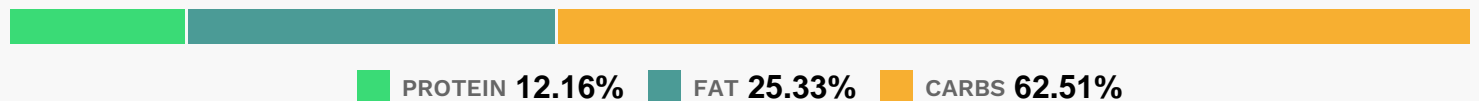
Mix 4 cups flour, cheese, yeast and salt in large bowl.

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:2.5, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:3.5782608487036%

Nutrients (% of daily need)

Calories: 106.12kcal (5.31%), Fat: 2.95g (4.53%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.76g (5.73%), Sugar: 0.06g (0.07%), Cholesterol: 2.9mg (0.97%), Sodium: 98.39mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Selenium: 8.24µg (11.77%), Vitamin B1: 0.18mg (11.72%), Folate: 40.75µg (10.19%), Manganese: 0.15mg (7.27%), Vitamin B2: 0.12mg (6.97%), Vitamin B3: 1.27mg (6.37%), Iron: 0.99mg (5.52%), Phosphorus: 44.29mg (4.43%), Calcium: 33.14mg (3.31%), Fiber: 0.59g (2.36%), Zinc: 0.3mg (2%), Vitamin E: 0.29mg (1.92%), Copper: 0.03mg (1.72%), Magnesium: 5.96mg (1.49%), Vitamin B5: 0.12mg (1.16%), Vitamin K: 1.2µg (1.15%)