



Pizza Dough

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 teaspoons yeast dry
- 3 cups flour all-purpose divided
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon sugar
- 1.3 cups warm water (100° to 110°)

Equipment

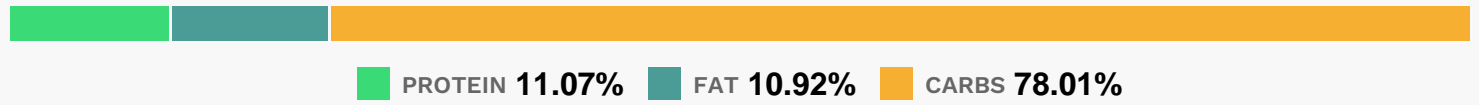
- bowl

- knife
- measuring cup

Directions

- Dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- Add 2 3/4 cups flour, oil, and salt to yeast mixture; stir until blended. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest for 5 minutes. Divide dough in half. Shape dough according to recipe directions.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:1.9869564972494%

Nutrients (% of daily need)

Calories: 50.9kcal (2.54%), Fat: 0.61g (0.93%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.37g (3.41%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 78.39mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin B1: 0.12mg (8.25%), Folate: 28.33µg (7.08%), Selenium: 4.26µg (6.08%), Manganese: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.83mg (4.16%), Iron: 0.59mg (3.27%), Fiber: 0.4g (1.6%), Phosphorus: 14.99mg (1.5%), Copper: 0.02mg (1.03%)