

## Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



65 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 5.3 cups flour all-purpose divided
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups warm water divided (100° to 110°)

## Equipment

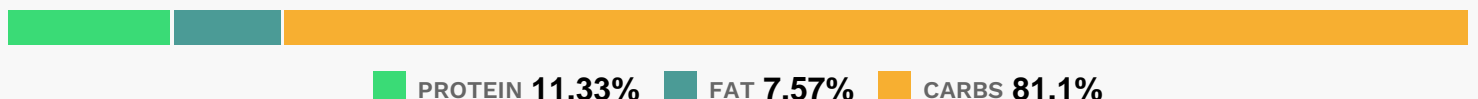
- ☐ bowl

- ☐ knife
- ☐ blender
- ☐ ziploc bags
- ☐ measuring cup

## Directions

- ☐ Dissolve yeast and sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes, or until bubbly.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife. Stir remaining 1 1/2 cups water into yeast mixture.
- ☐ Add 38 ounces (about 4 3/4 cups) flour, oil, and salt; beat with a mixer at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 25 ounces (about 1/2 cup) flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place 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, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Divide dough into 4 equal portions; shape each portion into a ball.
- ☐ Roll out dough according to recipe directions, or place in a bowl coated with cooking spray; cover and refrigerate up to 2 days.
- ☐ Tip: For longer storage, coat dough balls with cooking spray; place each in a large heavy-duty zip-top plastic bag. Seal bags tightly and freeze up to 1 month. Thaw dough in bag in refrigerator overnight.
- ☐ Remove dough from bag. Reshape dough into a smooth ball.
- ☐ Place in a bowl coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Proceed as directed in recipe.

## Nutrition Facts



# Properties

Glycemic Index:4.84, Glycemic Load:12.12, Inflammation Score:-2, Nutrition Score:3.2778260435747%

## Nutrients (% of daily need)

Calories: 84.77kcal (4.24%), Fat: 0.7g (1.08%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.2g (5.89%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 40.11mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin B1: 0.2mg (13.16%), Folate: 45.49µg (11.37%), Selenium: 7.43µg (10.62%), Manganese: 0.15mg (7.5%), Vitamin B3: 1.39mg (6.93%), Vitamin B2: 0.12mg (6.91%), Iron: 1.02mg (5.68%), Fiber: 0.65g (2.61%), Phosphorus: 25.11mg (2.51%), Copper: 0.04mg (1.75%), Vitamin B5: 0.13mg (1.27%), Magnesium: 5.1mg (1.27%), Zinc: 0.17mg (1.16%)