

Pizza Dough II

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



120 min.

SERVINGS



3

CALORIES



1001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry
- 5.5 cups bread flour
- 2 tablespoons olive oil
- 1 tablespoon salt
- 2.5 cups warm water (110 degrees F)
- 1 tablespoon sugar white
- 0.5 cup flour whole wheat

Equipment

- oven
- mixing bowl
- rolling pin

Directions

- In a large mixing bowl, dissolve yeast and sugar in the warm water.
- Let sit until creamy; about 10 minutes.
- Stir the olive oil, whole wheat flour, salt and 4 cups of the bread flour into the yeast mixture.
- Mix in the remaining flour, 1/2 cup at a time, stirring well after each addition. 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 mixing bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and put in a warm place to rise until doubled in volume; about 1 hour.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into three equal pieces and form into rounds. Cover the rounds and let them rest for about 10 minutes. Preheat oven to 425 degrees F (220 degrees C).
- Use a rolling pin to roll the dough into the desired shape, cover it with your favorite toppings and bake at 425 degrees F (220 degrees C) for about 20 minutes or until the crust and cheese are golden brown.

Nutrition Facts



Properties

Glycemic Index:45.7, Glycemic Load:110.47, Inflammation Score:-6, Nutrition Score:22.453043498747%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1000.88kcal (50.04%), Fat: 13.83g (21.28%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 185.57g (61.86%), Net Carbohydrates: 177.29g (64.47%), Sugar: 4.78g (5.32%), Cholesterol: 0mg (0%), Sodium: 2341.75mg (101.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Selenium: 103.56µg (147.94%),

Manganese: 2.64mg (132.1%), Vitamin B1: 0.54mg (36.24%), Folate: 139.71µg (34.93%), Fiber: 8.28g (33.1%), Phosphorus: 308.74mg (30.87%), Copper: 0.54mg (27.15%), Magnesium: 88mg (22%), Vitamin B3: 4.23mg (21.16%), Zinc: 2.68mg (17.88%), Iron: 2.91mg (16.15%), Vitamin E: 2.4mg (16.02%), Vitamin B2: 0.27mg (15.63%), Vitamin B5: 1.44mg (14.43%), Vitamin B6: 0.2mg (10.08%), Potassium: 324.98mg (9.29%), Vitamin K: 6.7µg (6.38%), Calcium: 49.37mg (4.94%)