




Pizza Dough III

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



65 min.

SERVINGS



1

CALORIES



1204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry
- 2 cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 cup warm water (110 degrees F/45 degrees C)
- 2 teaspoons sugar white

Equipment

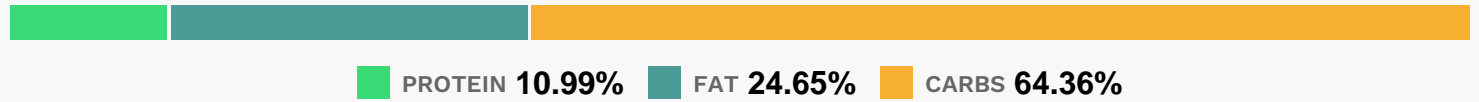
- bowl

oven

Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine 2 cups bread flour, olive oil, salt, white sugar and the yeast mixture; stir well to combine. Beat well until a stiff dough has formed. Cover and rise until doubled in volume, about 30 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Turn dough out onto a well floured surface. Form dough into a round and roll out into a pizza crust shape. Cover with your favorite sauce and toppings and bake in preheated oven until golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:137.09, Glycemic Load:123.05, Inflammation Score:-6, Nutrition Score:26.5682607924%

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: 1203.85kcal (60.19%), Fat: 32.72g (50.33%), Saturated Fat: 4.54g (28.41%), Carbohydrates: 192.21g (64.07%), Net Carbohydrates: 184.31g (67.02%), Sugar: 8.76g (9.73%), Cholesterol: 0mg (0%), Sodium: 2346.56mg (102.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.63%), Selenium: 99.86µg (142.66%), Manganese: 2.01mg (100.42%), Vitamin B1: 0.98mg (65.31%), Folate: 248.34µg (62.09%), Vitamin E: 5.03mg (33.55%), Fiber: 7.91g (31.63%), Phosphorus: 287.65mg (28.76%), Vitamin B3: 5.35mg (26.75%), Copper: 0.53mg (26.31%), Vitamin B2: 0.44mg (25.59%), Vitamin B5: 2.05mg (20.52%), Zinc: 2.72mg (18.12%), Magnesium: 68.75mg (17.19%), Vitamin K: 17.63µg (16.79%), Iron: 2.58mg (14.36%), Vitamin B6: 0.2mg (9.94%), Potassium: 318.6mg (9.1%), Calcium: 48.52mg (4.85%)