

Pizza Sauce and Dough



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



462 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 1.3 cups flat beer
- ☐ 0.5 teaspoon pepper black
- ☐ 4 cups bread flour
- ☐ 28 ounce canned tomatoes with juice canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons garlic chopped

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons penzey's southwest seasoning italian-style
- ☐ 12 ounce tomato paste canned
- ☐ 0.3 cup warm water 100 to 110 degrees
- ☐ 1 teaspoon sugar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In a small bowl, dissolve yeast and sugar in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a food processor, combine flour, Italian seasoning and salt. Pulse until mixed.
- ☐ Add yeast mixture, flat beer and oil. Pulse until a ball is formed. Scrape dough out onto a lightly floured surface, and knead for several minutes until dough is smooth and elastic. Allow dough to rest for 2 to 3 minutes. Divide dough in half, and shape into balls.
- ☐ Place dough balls in separate bowls, and cover with plastic wrap. Allow to rise at room temperature for about 1 hour, then store in the refrigerator overnight.
- ☐ Heat olive oil in a saucepan over medium heat.
- ☐ Saute onions until tender. Stir in garlic, and cook for 1 minute. Crush tomatoes into saucepan.
- ☐ Add tomato paste, basil, parsley and oregano. Simmer for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:44.69, Inflammation Score:-8, Nutrition Score:20.016521782331%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 462.15kcal (23.11%), Fat: 9.07g (13.96%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 80.09g (26.7%), Net Carbohydrates: 73.23g (26.63%), Sugar: 9.73g (10.81%), Cholesterol: 0mg (0%), Sodium: 643.32mg (27.97%), Alcohol: 1.92g (100%), Alcohol %: 0.68% (100%), Protein: 14.01g (28.03%), Manganese: 1.19mg (59.72%), Selenium: 35.08µg (50.12%), Vitamin K: 39.59µg (37.7%), Fiber: 6.86g (27.43%), Vitamin E: 4.08mg (27.22%), Copper: 0.53mg (26.64%), Vitamin C: 19.87mg (24.09%), Iron: 4.14mg (22.99%), Vitamin B6: 0.41mg (20.55%), Potassium: 711.25mg (20.32%), Vitamin B1: 0.28mg (18.78%), Folate: 74.93µg (18.73%), Vitamin B3: 3.74mg (18.69%), Magnesium: 69.76mg (17.44%), Phosphorus: 161.95mg (16.2%), Calcium: 120.55mg (12.06%), Vitamin B2: 0.2mg (11.68%), Vitamin A: 517.1IU (10.34%), Vitamin B5: 1.03mg (10.32%), Zinc: 1.38mg (9.19%)