



Plain Ol' Pizza Crust

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



46 kcal

CRUST

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 tablespoon bread flour
- ☐ 2.5 cups bread flour divided
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup water boiling

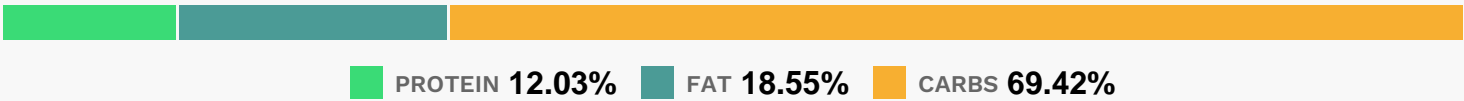
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Place margarine in a large bowl; add boiling water, stirring until margarine melts. Cool to 11
- ☐ Sprinkle yeast and sugar over water mixture, stirring until yeast and sugar dissolve.
- ☐ Let stand 10 minutes or until bubbly.
- ☐ Add 2 cups flour, salt, and garlic powder, stirring until blended. Gradually stir in enough of remaining 1/2 cup flour to make a medium-stiff dough.
- ☐ Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 5 minutes).
- ☐ Place in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 35 to 40 minutes or until doubled in bulk.
- ☐ Punch dough down, and let rest 5 minutes. Divide dough in half, and pat each portion into a 12-inch pizza pan coated with cooking spray.
- ☐ Bake according to pizza recipe directions.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:1.1056521814317%

Nutrients (% of daily need)

Calories: 46.47kcal (2.32%), Fat: 0.95g (1.46%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.65g (2.78%), Sugar: 0.17g (0.18%), Cholesterol: 0mg (0%), Sodium: 48.29mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Selenium: 4.25µg (6.07%), Manganese: 0.09mg (4.27%), Vitamin B1: 0.03mg (2.29%), Folate: 8.99µg (2.25%), Fiber: 0.32g (1.28%), Phosphorus: 12.08mg (1.21%), Copper: 0.02mg (1.09%)