






Quick and Easy Pizza Crust

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



30 min.

SERVINGS



2

CALORIES



707 kcal

CRUST

Ingredients

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

Equipment

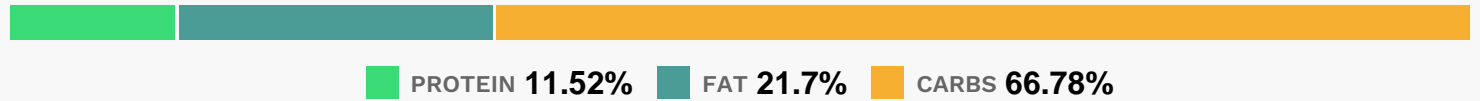
- bowl

- oven
- pizza pan

Directions

- Preheat oven to 450 degrees F (230 degrees C). In a medium bowl, dissolve yeast and sugar in warm water.
- Let stand until creamy, about 10 minutes.
- Stir in flour, salt and oil. Beat until smooth.
- Let rest for 5 minutes.
- Turn dough out onto a lightly floured surface and pat or roll into a round.
- Transfer crust to a lightly greased pizza pan or baker's peel dusted with cornmeal.
- Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown.
- Let baked pizza cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:68.55, Glycemic Load:74.81, Inflammation Score:-4, Nutrition Score:16.627391342803%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 707.04kcal (35.35%), Fat: 16.87g (25.95%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 116.78g (38.93%), Net Carbohydrates: 112.08g (40.76%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 1173.89mg (51.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Selenium: 62.33µg (89.04%), Manganese: 1.25mg (62.58%), Vitamin B1: 0.51mg (34.32%), Folate: 134.48µg (33.62%), Fiber: 4.7g (18.81%), Vitamin E: 2.64mg (17.61%), Phosphorus: 174.14mg (17.41%), Copper: 0.32mg (15.99%), Vitamin B3: 2.99mg (14.94%), Vitamin B2: 0.24mg (13.88%), Vitamin B5: 1.16mg (11.63%), Zinc: 1.62mg (10.83%), Magnesium: 42.19mg (10.55%), Iron: 1.57mg (8.74%), Vitamin K: 8.91µg (8.49%), Vitamin B6: 0.11mg (5.55%), Potassium: 190.51mg (5.44%), Calcium: 28.93mg (2.89%)