



Quick-and-Easy Pizza Crust

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



567 kcal

CRUST

Ingredients

- 2 cups bread flour
- 2 tablespoons cornmeal
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 0.8 cup warm water (120° to 130°)
- 1 package quick-rise yeast

Equipment

- food processor
- bowl
- baking sheet
- oven
- loaf pan
- bread machine

Directions

- Combine first four ingredients in a large bowl; make a well in center of mixture.
- Combine water and oil; add to flour mixture. Stir until mixture forms a ball.
- Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes).
- Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; divide in half. Cover and let dough rest 10 minutes.
- Working with one portion at a time (cover remaining dough to keep from drying), roll each portion into a 10-inch circle on a lightly floured surface.
- Place dough on two baking sheets, each sprinkled with 1 tablespoon cornmeal.
- Place the first 4 ingredients in a food processor, and pulse 2 times or until well-blended. With processor on, slowly add water and oil through food chute; process until dough forms a ball. Process 1 additional minute. Turn out onto a lightly floured counter; knead 9 to 10 times. Proceed with step 2 in above recipe.
- Follow manufacturer's instructions for placing all ingredients except cooking spray and cornmeal into bread pan. Select dough cycle; start bread machine.
- Remove dough from machine (do not bake). Proceed with step 2 in above recipe.

Nutrition Facts



■ PROTEIN 12.4% ■ FAT 15.95% ■ CARBS 71.65%

Properties

Glycemic Index:102.8, Glycemic Load:63.78, Inflammation Score:-4, Nutrition Score:14.849130759016%

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: 566.75kcal (28.34%), Fat: 9.93g (15.28%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 100.39g (33.46%), Net Carbohydrates: 95.51g (34.73%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 590.64mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Selenium: 50.51µg (72.16%), Manganese: 1.07mg (53.33%), Vitamin B1: 0.51mg (34.33%), Folate: 126.55µg (31.64%), Fiber: 4.88g (19.53%), Phosphorus: 166.04mg (16.6%), Vitamin B3: 2.9mg (14.52%), Copper: 0.28mg (14.08%), Vitamin B2: 0.22mg (13.21%), Magnesium: 44.74mg (11.19%), Zinc: 1.66mg (11.07%), Vitamin B5: 1.08mg (10.8%), Vitamin E: 1.54mg (10.3%), Iron: 1.54mg (8.58%), Vitamin B6: 0.16mg (7.89%), Potassium: 190.84mg (5.45%), Vitamin K: 4.62µg (4.4%), Calcium: 23.5mg (2.35%)