



Ricardo's Pizza Crust



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



26

CALORIES



64 kcal

CRUST

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 2.5 cups bread flour
- ☐ 0.5 teaspoon basil leaves dried
- ☐ 2 teaspoons garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 1 cup warm water (110 degrees F/45 degrees C)

☐ 3 tablespoons sugar white

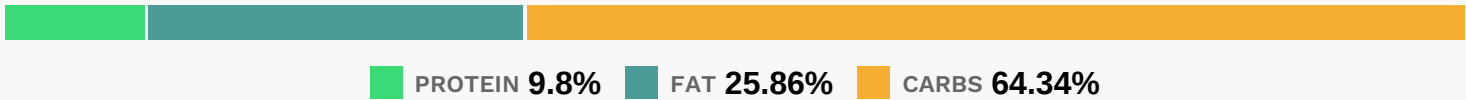
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ bread machine

Directions

- ☐ Combine water, olive oil, sugar, salt in pan of bread machine
- ☐ Add flour, then sprinkle garlic on flour. Lastly add yeast.
- ☐ Turn machine on dough cycle. As the dough mixes, sprinkle on oregano and basil until it suits you for color and taste.
- ☐ Let mix for about 15 to 30 minutes.
- ☐ Let the dough rest from 5 to 30 minutes. The longer it rests, the thicker and more tasty the crust. Meanwhile, preheat oven to 475 degrees F (245 degrees C).
- ☐ Roll out dough on a lightly floured surface. Spray a large pizza pan with nonstick cooking spray.
- ☐ Place dough on pan and add your choice of pizza toppings.
- ☐ Bake in preheated oven until golden brown, about 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.62, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:1.4099999777973%

Nutrients (% of daily need)

Calories: 64.37kcal (3.22%), Fat: 1.84g (2.84%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.93g (3.61%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 90.38mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Selenium: 4.84µg (6.91%), Manganese: 0.1mg (5.2%), Vitamin

B1: 0.04mg (2.65%), Folate: 10.42µg (2.61%), Vitamin E: 0.29mg (1.93%), Fiber: 0.39g (1.56%), Vitamin K: 1.58µg (1.51%), Phosphorus: 13.84mg (1.38%), Copper: 0.03mg (1.3%), Vitamin B3: 0.23mg (1.16%), Vitamin B2: 0.02mg (1.11%)