



Rustic Country Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 cup olive oil extra virgin
- ☐ 11 ounces bread flour
- ☐ 1 teaspoon yeast instant
- ☐ 3.3 teaspoons kosher salt
- ☐ 8 ounces starter
- ☐ 1 ounce rice flour
- ☐ 10.5 ounces flour all-purpose
- ☐ 1.8 cups water

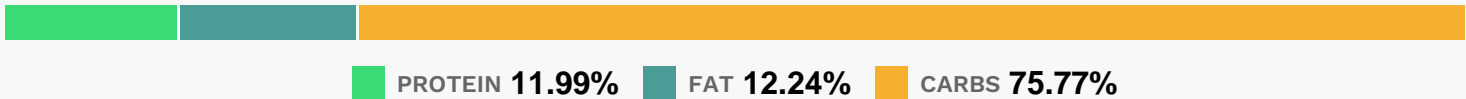
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Combine all ingredients in a large metal bowl. Work with the paddle attachment of a stand mixer or by hand until flour absorbs all liquid, forms a coarse ball, and begins to strengthen, about 3 minutes.
- ☐ Let rest 5 minutes. Continue to work until soft, supple, and only slightly sticky, about 3 minutes. The dough should pass the windowpane test. You may have to incorporate more flour or water to achieve this texture, depending on the hydration of the old dough.
- ☐ Form dough into a ball by repeatedly folding in corners until surface tension develops. Oil a large bowl and roll ball of dough all over to coat with oil. Cover bowl with plastic wrap.
- ☐ Let rise at room temperature for 1 1/2 hours. Punch down dough, re-form into a ball, and refrigerate for at least 2 hours, or until ready to use.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:77.72, Inflammation Score:-6, Nutrition Score:20.083478018641%

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: 701.69kcal (35.08%), Fat: 9.37g (14.42%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 130.58g (43.53%), Net Carbohydrates: 124.57g (45.3%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 1900.39mg (82.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Selenium: 56.42µg (80.6%), Vitamin B1: 0.98mg (65.1%), Folate: 232.11µg (58.03%), Manganese: 1.14mg (56.96%), Vitamin B3: 6.38mg (31.9%), Vitamin B2: 0.53mg (31.44%), Iron: 4.61mg (25.63%), Fiber: 6.02g (24.07%), Phosphorus: 175.1mg (17.51%), Copper: 0.28mg (14.01%), Vitamin B5: 1.07mg (10.72%), Magnesium: 38.57mg (9.64%), Zinc: 1.44mg (9.58%), Vitamin E: 1.33mg

(8.86%), Vitamin B6: 0.11mg (5.33%), Potassium: 186.7mg (5.33%), Vitamin K: 4.53µg (4.32%), Calcium: 28.1mg (2.81%)