



Sicilian Pizza



Vegetarian



Vegan



Dairy Free

READY IN



65 min.

SERVINGS



30

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 oz bell pepper rings fresh shredded green red chopped
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1.5 teaspoons basil dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 4 cups flour all-purpose divided
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.1 teaspoon pepper
- ☐ 30 servings garnish: rosemary sprigs fresh
- ☐ 2.5 teaspoons salt divided
- ☐ 0.5 teaspoon sugar
- ☐ 6 ounce tomato paste canned
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups warm water 100° to 110°

Equipment

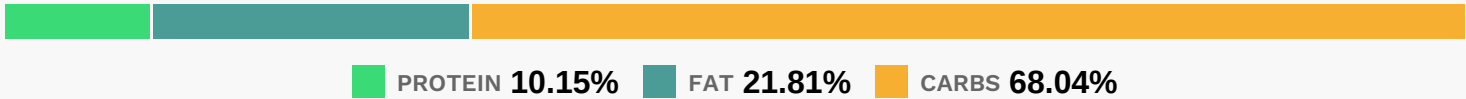
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pizza pan
- ☐ hand mixer

Directions

- ☐ Combine 2 cups flour, yeast, and 1 1/2 teaspoons salt in a large mixing bowl; stir in 1 1/2 cups warm water and vegetable oil.
- ☐ Beat at low speed with an electric mixer for 1 to 2 minutes; beat at high speed 3 minutes. Gradually stir in enough remaining flour to make dough stiff.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 5 minutes).
- ☐ Place in a well-greased bowl, turning to grease top.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down, and press onto a lightly greased 12-inch round pizza pan or into a 15- x 10-inch jellyroll pan.
- ☐ Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk.

- ☐ Saut onion and garlic in hot olive oil in a large skillet over medium-high heat until tender.
- ☐ Add remaining 1 teaspoon salt, tomatoes, and next 6 ingredients.
- ☐ Bring to a boil; cook, covered, over medium heat 10 minutes. Spoon sauce over dough.
- ☐ Bake at 475 for 20 minutes.
- ☐ Sprinkle evenly with desired toppings; bake 10 to 15 more minutes.
- ☐ Garnish, if desired.
- ☐ Prep: 30 min.; Rise: 1 hr., 45 min.;
- ☐ Bake: 35 min
- ☐ Note: For thinner crust, divide dough in half; press onto 2 (12-inch) round pizza pans. Proceed with recipe as directed. Traditionally, Joyce makes this recipe in a rectangular shape.

Nutrition Facts



Properties

Glycemic Index:16.24, Glycemic Load:9.73, Inflammation Score:-3, Nutrition Score:4.04782603098%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 86.22kcal (4.31%), Fat: 2.1g (3.24%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 220.69mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin B1: 0.17mg (11.59%), Folate: 40.13µg (10.03%), Manganese: 0.17mg (8.45%), Selenium: 5.82µg (8.32%), Vitamin B3: 1.34mg (6.68%), Iron: 1.16mg (6.45%), Vitamin B2: 0.1mg (6.18%), Vitamin K: 4.86µg (4.63%), Fiber: 1.05g (4.2%), Vitamin C: 3.26mg (3.95%), Vitamin E: 0.5mg (3.33%), Copper: 0.07mg (3.31%), Phosphorus: 27.15mg (2.71%), Vitamin B6: 0.05mg (2.51%), Potassium: 86.36mg (2.47%), Magnesium: 9.03mg (2.26%), Vitamin B5: 0.17mg (1.67%), Vitamin A: 76.59IU (1.53%), Calcium: 14.48mg (1.45%), Zinc: 0.21mg (1.38%)