



Sourdough Einkorn Pizza Crust



Vegetarian



Vegan



Dairy Free



Popular

READY IN



740 min.

SERVINGS



2

CALORIES



1480 kcal

CRUST

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 6 cups high-extraction einkorn flour ([find it here](#))
- ☐ 1 teaspoon oregano dried
- ☐ 2 servings pizza toppings
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 teaspoons unrefined sea salt
- ☐ 0.3 cup starter ([Learn how to make it here](#))
- ☐ 2 tablespoons unrefined ([Find it here](#))

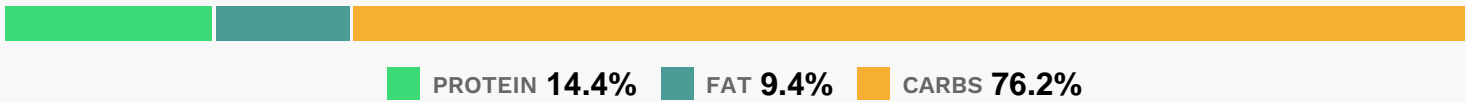
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Dump the flour into a large mixing bowl, and whisk in the salt, oregano, basil, and crushed red pepper flakes until they're evenly distributed in the flour. Form a well in the center of the flour, and pour in the olive oil, sourdough starter and 1 1/2 cups water.
- ☐ Mix it together by hand to make a shaggy dough, then cover the bowl tightly with plastic wrap and let it sit on your kitchen counter until doubled in bulk, about 12 hours. Flour your working surface, then scrape the dough out of the bowl and onto your floured surface. Knead the dough for 10 minutes or so, incorporating just enough flour to make the dough workable. Form it into a ball, then cover it with a large bowl, and let it rest for 15 minutes.
- ☐ Heat the oven to 425 F. Separate the dough into 2 balls.
- ☐ Roll them out onto a baking sheet or baking stone until 1/4 inch thick. Then bake for 10 minutes.
- ☐ Remove the crusts from the oven, top with your favorite sauce, toppings, cheeses and herbs. Return to the oven and bake a further 10 to 12 minutes, or until toppings are done to your liking. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:5.6339130245311%

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: 1479.95kcal (74%), Fat: 14.23g (21.89%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 259.6g (86.53%), Net Carbohydrates: 246.78g (89.74%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 2338.36mg (101.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.06g (98.13%), Fiber: 12.83g (51.3%), Iron: 5.27mg (29.3%), Vitamin K: 19.2µg (18.28%), Vitamin E: 2.32mg (15.47%), Manganese: 0.08mg (4.23%), Calcium: 23.98mg (2.4%), Vitamin A: 93IU (1.86%), Magnesium: 4.91mg (1.23%)