



Sourdough Pizza Crust



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

CRUST

Ingredients

- ☐ 18 ounces bread flour for dusting plus more
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup starter
- ☐ 3.5 teaspoons kosher salt
- ☐ 1 cups water lukewarm (approximately 90°F)
- ☐ 3 tablespoons granulated sugar

Equipment

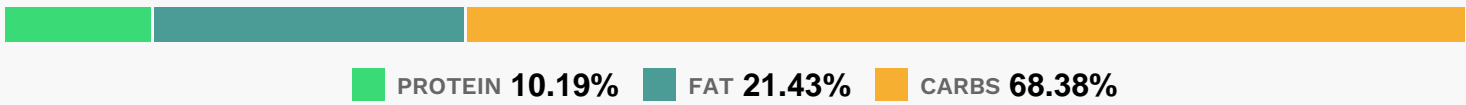
- ☐ bowl

- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Remove starter from refrigerator and let sit at room temperature for 2 hours.
- ☐ Combine starter, flour, salt, sugar, olive oil, and 1 cup water. Work vigorously by hand or with a stand mixer until dough forms a coarse ball that comes away from the sides of the ball, adding more water or flour as necessary, about 4 minutes.
- ☐ Let rest for 15 minutes. Turn out onto a lightly floured counter, dust with flour, and knead by hand until soft, supple, and no longer sticky, about 3 minutes. Alternately, mix on low speed in stand mixer until this texture is achieved, 2 to 3 minutes.
- ☐ Lightly oil a large bowl. Form dough into a ball and roll all around bowl until coated with oil. Cover bowl with plastic wrap and let rise in a warm, draft-free environment until dough has increased by at least half in volume. The duration of the rise will depend on the strength of your starter; I let mine sit in a cool oven overnight.
- ☐ Divide dough into fourths. Form each piece into a ball and coat with olive oil. Seal each piece in an airtight freezer bag.
- ☐ Let rest at room temperature for 1 hour, and then refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:66.23, Inflammation Score:-2, Nutrition Score:10.903478386124%

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: 671.4kcal (33.57%), Fat: 15.8g (24.3%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 113.42g (37.81%), Net Carbohydrates: 109.93g (39.97%), Sugar: 9.38g (10.42%), Cholesterol: 0mg (0%), Sodium: 2041.56mg (88.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Selenium: 50.71µg (72.44%), Manganese:

1.02mg (50.8%), Vitamin E: 2.45mg (16.36%), Fiber: 3.49g (13.95%), Phosphorus: 123.75mg (12.37%), Copper:
0.24mg (12.19%), Folate: 42.1µg (10.52%), Magnesium: 32.54mg (8.13%), Vitamin K: 8.51µg (8.1%), Zinc: 1.1mg (7.31%),
Iron: 1.25mg (6.92%), Vitamin B1: 0.1mg (6.8%), Vitamin B3: 1.28mg (6.38%), Vitamin B5: 0.56mg (5.59%), Vitamin
B2: 0.08mg (4.6%), Potassium: 128.31mg (3.67%), Vitamin B6: 0.05mg (2.36%), Calcium: 22.4mg (2.24%)