



## The Real Chicago Deep Dish Pizza Dough

 Vegetarian  Vegan  Dairy Free

READY IN



385 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.3 teaspoons active yeast dry
- 0.5 cup corn oil
- 3 cups flour all-purpose
- 1.5 teaspoons kosher salt
- 1.1 cups warm water - 110 to 115 degrees f (43 to 45 degrees C)
- 1.5 teaspoons sugar white

### Equipment

- bowl

- pizza pan
- stand mixer

## Directions

- Dissolve yeast and sugar in warm water in a bowl.
- Let stand for 5 to 10 minutes until the yeast softens and begins to form a creamy foam.
- Combine yeast mixture, flour, corn oil, and kosher salt in a large stand mixer with a hook attachment; knead until dough holds together but is still slightly sticky, about 2 minutes.
- Form dough into a ball and transfer to a buttered bowl, turning to coat. Cover bowl with a towel and allow dough to rise at room temperature until double in size, 6 hours.
- Punch down dough and let rest for 10 to 15 minutes. Press dough into a 10-inch deep dish pizza pan.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:26.4, Inflammation Score:-4, Nutrition Score:7.5047826045395%

## Nutrients (% of daily need)

Calories: 201.11kcal (10.06%), Fat: 3.33g (5.12%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35.38g (12.86%), Sugar: 0.88g (0.97%), Cholesterol: 0mg (0%), Sodium: 439.08mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin B1: 0.46mg (30.95%), Folate: 106.26µg (26.56%), Selenium: 15.97µg (22.81%), Manganese: 0.32mg (16.18%), Vitamin B2: 0.27mg (15.69%), Vitamin B3: 3.12mg (15.6%), Iron: 2.2mg (12.21%), Fiber: 1.5g (6%), Phosphorus: 56.2mg (5.62%), Copper: 0.08mg (3.85%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.44mg (2.96%), Magnesium: 11.13mg (2.78%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.03mg (1.69%), Potassium: 58.62mg (1.67%), Vitamin K: 1.33µg (1.26%)