



Whole-Multigrain Pizza Dough

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



190 min.

SERVINGS



3

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon active yeast dry
- 1 teaspoon agave syrup
- 1 tablespoon flaxseeds
- 3 servings kosher salt
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons quinoa
- 1 tablespoon sunflower seeds toasted
- 0.8 cup warm water (100 to 110 degrees F)

- 6 ounces flour whole-wheat white plus more for kneading
- 2 tablespoons whole-grain bulgur

Equipment

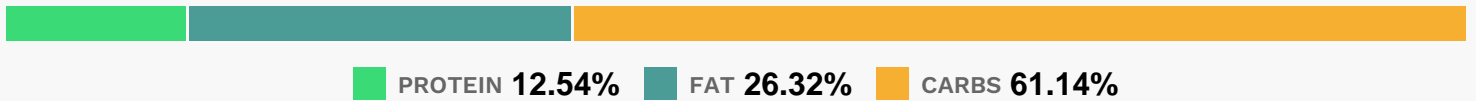
- bowl
- baking sheet
- paper towels
- whisk
- pot
- sieve
- plastic wrap
- kitchen towels
- spatula
- measuring cup

Directions

- Bring 2 cups of water to a boil in a small pot.
- Add the bulgur and quinoa and simmer for 10 minutes.
- Transfer the grains to a fine-mesh strainer and hold under cold water to stop the cooking.
- Let the grains drain in the strainer for 15 minutes, then spread them out on a thick layer of paper towels to absorb any extra moisture. Meanwhile, coarsely grind the flaxseeds in a spice grinder, just to break them open.
- Stir together the warm water, agave and yeast in a measuring cup or small bowl.
- Let sit until a small layer of foam develops at the top, 3 to 5 minutes. (If this doesn't happen, discard and try again with new yeast.)
- Whisk the flour and 1/2 teaspoon salt together in a medium bowl; add the foamy yeast mixture and olive oil and mix together with a stiff rubber spatula. When the dough starts to come together, mix in the cooked grains, ground flaxseeds and sunflower seeds; form the dough into a uniform ball in the center of the bowl. Be sure to scrape and use any dough stuck to the sides. The dough will be very sticky at this stage. Cover the bowl tightly with plastic wrap and keep in a warm place until the dough has doubled in size, about 2 hours.

- Lightly dust a baking sheet with flour.
- Sprinkle a generous amount of flour on a clean, dry work surface. Scrape the dough onto the floured surface and knead for a couple of minutes, working in just enough flour to make the dough less sticky but still moist to the touch. Flour your hands periodically to prevent sticking. Form the dough into one single ball or divide it into smaller balls.
- Place the dough ball(s) on the prepared baking sheet. Cover loosely with plastic wrap or a dish towel and let the dough rest for 30 minutes. After 30 minutes, the dough can be shaped and cooked as desired.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:19.346521747258%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 321.28kcal (16.06%), Fat: 9.9g (15.23%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 43.5g (15.82%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 200.43mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Manganese: 2.66mg (132.9%), Selenium: 38.63µg (55.19%), Vitamin B1: 0.54mg (36.15%), Fiber: 8.24g (32.96%), Magnesium: 122.19mg (30.55%), Phosphorus: 297.51mg (29.75%), Copper: 0.41mg (20.29%), Folate: 78.82µg (19.7%), Vitamin B3: 3.78mg (18.9%), Vitamin B6: 0.36mg (18.14%), Vitamin E: 2.53mg (16.87%), Iron: 2.91mg (16.17%), Zinc: 2.18mg (14.53%), Vitamin B2: 0.19mg (11.12%), Potassium: 320.04mg (9.14%), Vitamin B5: 0.63mg (6.28%), Vitamin K: 4.78µg (4.56%), Calcium: 37.3mg (3.73%)