

# Whole Wheat and Honey Pizza Dough

 Vegetarian  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 ounce yeast dry
- 1 tablespoon honey
- 1 teaspoon salt
- 1 cup water
- 0.3 cup wheat germ
- 2 cups flour whole wheat

## Equipment

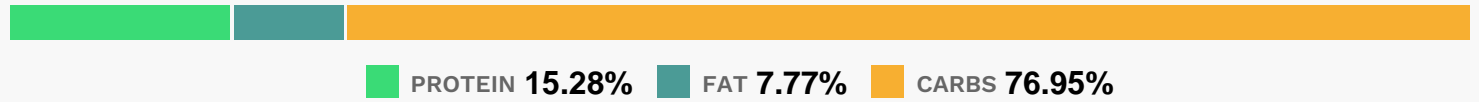
- bowl

- oven
- pizza pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl combine flour, wheat germ and salt. Make a well in the middle and add honey and yeast mixture. Stir well to combine. Cover and set in a warm place to rise for a few minutes.
- Roll dough on a floured pizza pan and poke a few holes in it with a fork.
- Bake in preheated oven for 5 to 10 minutes, or until desired crispiness is achieved.

## Nutrition Facts



## Properties

Glycemic Index:26.14, Glycemic Load:4.51, Inflammation Score:-8, Nutrition Score:32.366087087794%

## Nutrients (% of daily need)

Calories: 503.19kcal (25.16%), Fat: 4.67g (7.18%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 103.92g (34.64%), Net Carbohydrates: 88.21g (32.08%), Sugar: 9.11g (10.12%), Cholesterol: 0mg (0%), Sodium: 1175.01mg (51.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.29%), Manganese: 6.81mg (340.74%), Selenium: 85.91µg (122.73%), Vitamin B1: 1.26mg (84.18%), Fiber: 15.71g (62.85%), Phosphorus: 572.43mg (57.24%), Magnesium: 202.09mg (50.52%), Folate: 176.33µg (44.08%), Vitamin B3: 8.36mg (41.83%), Vitamin B6: 0.73mg (36.55%), Zinc: 5.21mg (34.71%), Copper: 0.65mg (32.27%), Iron: 5.35mg (29.73%), Vitamin B2: 0.42mg (24.44%), Potassium: 603.37mg (17.24%), Vitamin B5: 1.53mg (15.34%), Vitamin E: 0.85mg (5.68%), Calcium: 52.37mg (5.24%), Vitamin K: 2.29µg (2.18%)