



Whole Wheat Pizza Dough

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



372 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry ()
- 2 cups flour all-purpose
- 1 teaspoon honey
- 1 tablespoon olive oil as needed plus more
- 0.8 teaspoon salt fine
- 1 cup water (110°F to 115°F)
- 1 cup flour whole wheat

Equipment

- oven
- whisk
- mixing bowl
- plastic wrap
- stand mixer

Directions

- Whisk the water and honey together in the bowl of a stand mixer fitted with a dough hook and sprinkle the yeast on top. Set aside until the mixture bubbles, about 10 minutes. Meanwhile, place the flours and salt in a large bowl and whisk to combine. When the yeast is ready, add the flour mixture and measured olive oil and mix on low speed until the dough just starts to come together and looks shaggy, about 2 minutes. Increase the speed to medium and continue to mix until the dough is elastic and smooth, about 5 minutes. Meanwhile, wipe out the large mixing bowl, coat it with oil, and set aside. When the dough is ready, gather it into a ball, place it in the oiled mixing bowl, and turn to coat it in the oil. Cover with a clean, damp dishtowel or plastic wrap and let it rest in a warm place until it doubles in size, about 1 hour. Once the dough has risen, punch it down and turn it out onto a lightly oiled work surface. Divide the dough into 2 pieces and form each into a ball.
- Place the dough balls on a lightly oiled work surface, cover with a clean, damp dishtowel or plastic wrap, and let rest for 15 to 20 minutes. Shape and bake as desired.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:35.26, Inflammation Score:-6, Nutrition Score:18.315652322348%

Nutrients (% of daily need)

Calories: 371.52kcal (18.58%), Fat: 5g (7.69%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 66.08g (24.03%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 441.88mg (19.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Manganese: 1.65mg (82.72%), Selenium: 39.88µg (56.98%), Vitamin B1: 0.84mg (55.74%), Folate: 169.07µg (42.27%), Vitamin B3: 5.89mg (29.46%), Vitamin B2: 0.43mg (25.28%), Iron: 4.05mg (22.5%), Fiber: 5.38g (21.51%), Phosphorus: 185.96mg (18.6%), Magnesium: 56.44mg (14.11%), Copper: 0.23mg (11.56%), Zinc: 1.37mg (9.13%), Vitamin B6: 0.18mg (8.83%), Vitamin B5: 0.69mg (6.95%),

Potassium: 193.73mg (5.54%), Vitamin E: 0.75mg (5.03%), Vitamin K: 2.87µg (2.73%), Calcium: 22.29mg (2.23%)