



## Whole-Wheat Pizza Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 packet active yeast
- ☐ 1 tbsp sugar raw
- ☐ 1 tsp salt
- ☐ 3 tbsp vital wheat gluten
- ☐ 1 cup flour whole wheat
- ☐ 2 cups pastry flour whole wheat

## Equipment

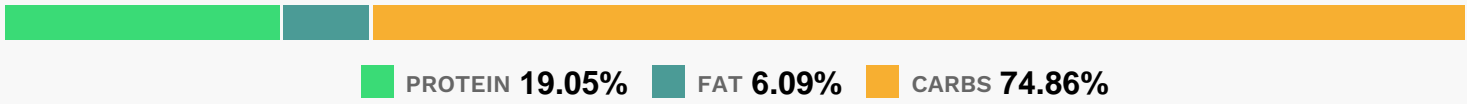
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ pizza pan
- ☐ pizza stone

## Directions

- ☐ Stir yeast in 1 cup warm water and let sit for five minutes or until the water is a beige color. Meanwhile, combine flours, gluten, salt and sugar. Make a well in center of your dry ingredients, pour yeast mixture in, and stir until it forms a ball of dough. Turn out onto a clean surface, lightly floured with cornmeal, and knead 5 minutes. The dough should be a smooth, elastic ball.
  - ☐ Place in a glass bowl and cover. Put it in a warm place, such as an unheated oven, and wait for it to double in size. It will take about an hour of resting for the dough to rise sufficiently. Punch the dough, reshape into a ball and let it rise again. Freeze or refrigerate if not using immediately (don't refrigerate for more than 24 hrs). When ready to use, divide into 1, 2, or 4 equal portions and roll into a pizza shape.
  - ☐ Add toppings and place on pizza stone, pizza pan, or greased cookie sheet.
  - ☐ Bake 5–10 minutes at 450F.
- Nutritional Information
- ☐ Amount Per Serving
  - ☐ Calories
  - ☐ Fat
  - ☐ 70g
  - ☐ Carbohydrate
  - ☐ 50gDietary Fiber3.40gSugars1.60gProtein4.60g

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:12.610434911578%

## Nutrients (% of daily need)

Calories: 174.32kcal (8.72%), Fat: 1.25g (1.93%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 29.64g (10.78%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 293.05mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Manganese: 1.83mg (91.72%), Selenium: 29.22µg (41.74%), Vitamin B1: 0.32mg (21.48%), Fiber: 5.07g (20.28%), Phosphorus: 175.01mg (17.5%), Magnesium: 63mg (15.75%), Vitamin B3: 2.58mg (12.91%), Iron: 1.82mg (10.13%), Folate: 40.28µg (10.07%), Vitamin B6: 0.2mg (9.81%), Copper: 0.19mg (9.74%), Zinc: 1.27mg (8.46%), Vitamin B2: 0.11mg (6.43%), Potassium: 175.58mg (5.02%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.32mg (2.13%), Calcium: 20.72mg (2.07%)