

# Whole Wheat Pizza Dough Secret Family

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon yeast dry
- 0.3 cup olive oil
- 1.5 teaspoons salt
- 1 cup warm water
- 1 teaspoon sugar white
- 3 cups flour whole wheat white hard as needed

## Equipment

- bowl

- rolling pin
- pizza stone

## Directions

- Stir yeast and sugar into warm water in a large bowl; set aside until liquid starts to bubble and foam, 5 to 10 minutes.
- Mix in oil.
- Add flour and salt, stirring until dough is smooth; stir in more flour as needed.
- Knead dough on a lightly floured surface for about 5 minutes and place in a large bowl; cover bowl with a damp towel. Allow dough to rise for 20 to 30 minutes.
- Place dough on a pizza stone and roll out with a rolling pin.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.2121739493602%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 213.07kcal (10.65%), Fat: 7.54g (11.6%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 27.57g (10.03%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 437.9mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Fiber: 4.63g (18.54%), Vitamin E: 0.97mg (6.48%), Iron: 1.11mg (6.14%), Vitamin K: 4.07µg (3.87%), Vitamin B1: 0.05mg (3.67%), Calcium: 31.38mg (3.14%), Folate: 11.7µg (2.92%), Potassium: 54.44mg (1.56%), Vitamin B2: 0.02mg (1.18%)