

White Whole Wheat Pizza Dough

Yield: 24 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-whole-wheat-hard-dough-bread-recipe>

Ingredients:

- 4 1/2 cups whole wheat flour King Arthur White
- 1 3/4 teaspoons salt
- 1 teaspoon instant yeast
- 1/4 cup olive oil
- 1 3/4 cups water ice cold
- 3 tablespoons herbs chopped, optional
- semolina flour or cornmeal for dusting

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 170 milligrams

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