

Rustic Italian Pizza Dough

Yield: 6 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/rustic-italian-pizza-dough-recipe-video>

Ingredients:

- 5 cups flour + some for dusting
- 1 1/2 teaspoons active dry yeast
- 1 1/2 teaspoons sea salt
- 2 1/4 cups cold water
- 1 tablespoon extra-virgin olive oil
- onions Caramelized
- sauce Arrabiata
- bell peppers Grilled
- heirloom tomatoes
- fresh basil
- green onions
- smoked mozzarella cheese
- mushrooms Sauteed
- meatballs Ricotta

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 85 grams
3. Fat: 4 grams
4. Fiber: 5 grams
5. Protein: 12 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 680 milligrams
8. Sugar: 3 grams

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