



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Whole Wheat Pizza Crust

Makes: 70 Servings

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Ingredients	Weight	Measure
Active dry yeast	2 7/8 oz	1/4 cup 2 Tbsp 2 tsp
Warm water	6 lb 4 oz	3 qt
Whole wheat flour	4 lb 12 oz	1 gal 1 pt
Enriched all-purpose flour	2 lb 13 oz	2 qt 2 cups 2 Tbsp
Enriched cake flour	1 lb 10 oz	5 1/3 cups
Salt	2 5/8 oz	1/4 cup
Sugar	3 1/2 oz	1/2 cup
Vegetable oil	5 1/8 oz	2/3 cup

Directions

1. Dissolve dry yeast in warm water (110°F). Let stand for 4-5 minutes.
2. Blend whole wheat flour, all purpose flour, and cake flour in mixer. Mix with a dough hook for 30 seconds on low speed. Make well in the center.
3. Combine dissolved yeast, salt, and sugar into mixer with dry ingredients. Gradually work into the dry ingredients using dough hook on low speed. Knead for 15 minutes at medium speed.
4. Divide and shape dough into 7 balls, 2 lbs 4 oz each. Let rest for 20 minutes.
5. Lightly oil 7 half sheet pans (18" x 13" x 1").
6. Place 2 lb 4 oz dough ball in center of each pan.
7. Flatten dough by rolling or spreading dough to rim of pans. Keep edges thicker than center.
8. Add desired toppings evenly over each crust.
9. Bake until crust is crispy and brown. Conventional oven: 475°F for 20 minutes.
10. Cut in half lengthwise and 5 across for 10 pieces.

My Notes

Source: Kunsberg School, Denver, CO

Nutrition Information

Nutrients	Amount
Calories	233
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	408 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	17 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available