

High-Protein Pizza Dough



Nutrition Facts

Serving Size (78g)
Servings Per Container

Amount Per Serving

Calories 220 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Cholesterol 10mg **4%**

Sodium 330mg **14%**

Total Carbohydrate 38g **13%**

Dietary Fiber 1g **5%**

Sugars 7g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients % Weight

Flour, bread 54.55

Water 25.28

**Whey protein concentrate,
34% protein (WPC 34)** 14.59

Oil 1.89

Yeast, dry 1.19

Sugar 0.95

Salt 0.85

**Whey-cysteine dough
conditioner** 0.70

Procedure

1. Add yeast to warm water with a pinch of sugar and set aside undisturbed for about 5 minutes.
2. Add all remaining ingredients to the bowl of a mixer equipped with a dough hook.
3. Mix on low speed until ingredients are well combined. Increase to medium speed and knead for 8-10 minutes.
4. Place in a greased bowl covered with plastic wrap. Proof at 27-32°C (81-90°F) for 1-1/2 hours.
5. Punch down and let dough rest for 5 minutes. Shape on a pizza pan adding sauce and pizza toppings.
6. Let dough rest 10 minutes and then bake at 288°C (550°F) until crust is golden brown and toppings are bubbly.

Benefits of Using U.S. Dairy Ingredients

WPC 34

- Improves nutritional profile of crust by supplying high-quality protein
- Contributes to Maillard reaction to add desirable baked-brown color