



Allie's Mushroom Pizza

READY IN



25 min.

SERVINGS



2

CALORIES



4256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mushrooms fresh sliced
- 3 tablespoons olive oil
- 12 inch pre-baked pizza crust
- 1 teaspoon sesame oil
- 8 ounces mozzarella cheese shredded
- 1 cup pkt spinach dried fresh rinsed

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

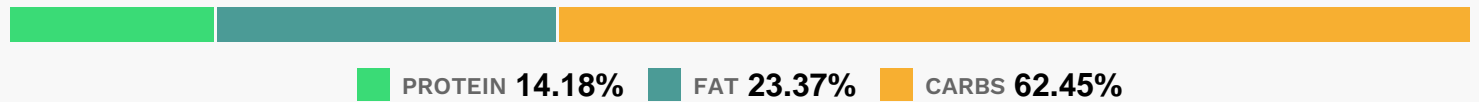
Place pizza crust on baking sheet.

In a small bowl, mix together olive oil and sesame oil.

Brush onto pre-baked pizza crust, covering entire surface. Stack the spinach leaves, then cut lengthwise into 1/2 inch strips; scatter evenly over crust. Cover pizza with shredded mozzarella, and top with sliced mushrooms.

Bake in preheated oven for 8 to 10 minutes, or until cheese is melted and edges are crisp.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:30.623478153478%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 4255.61kcal (212.78%), Fat: 110.13g (169.43%), Saturated Fat: 48.91g (305.69%), Carbohydrates: 661.98g (220.66%), Net Carbohydrates: 640.7g (232.98%), Sugar: 22.66g (25.17%), Cholesterol: 89.58mg (29.86%), Sodium: 7916.54mg (344.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.31g (300.63%), Iron: 38.15mg (211.92%), Calcium: 1821.76mg (182.18%), Fiber: 21.29g (85.14%), Vitamin K: 87.97µg (83.78%), Phosphorus: 450.06mg (45.01%), Vitamin A: 2173.12IU (43.46%), Vitamin B12: 2.6µg (43.41%), Selenium: 23.89µg (34.13%), Vitamin B2: 0.54mg (31.9%), Zinc: 3.64mg (24.27%), Vitamin E: 3.58mg (23.85%), Folate: 45.2µg (11.3%), Vitamin B3: 1.96mg (9.8%), Magnesium: 38.85mg (9.71%), Manganese: 0.19mg (9.56%), Copper: 0.18mg (9.23%), Potassium: 322.73mg (9.22%), Vitamin B5: 0.89mg (8.88%), Vitamin C: 5.22mg (6.33%), Vitamin B6: 0.12mg (6.06%), Vitamin B1: 0.08mg (5.64%), Vitamin D: 0.55µg (3.66%)