



Chicago Deep-Dish Pizza With Mushrooms, Peppers, and Onions

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups tomatoes canned crushed
- 1 clove garlic crushed
- 1.5 cups bell pepper green chopped
- 5 ounces monterrey jack cheese shredded reduced-fat
- 2.5 cups mushrooms sliced
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 2 teaspoons oregano dried

- 8 servings deep-dish pizza dough
- 3 ounces provolone cheese shredded
- 0.3 teaspoon salt

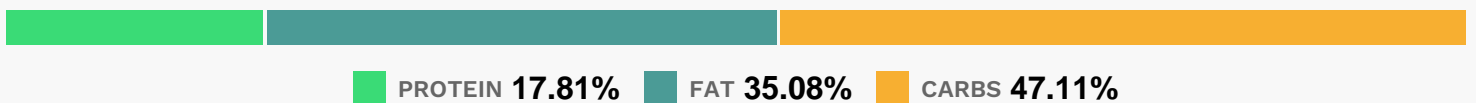
Equipment

- frying pan
- oven

Directions

- Prepare Deep-Dish Pizza Dough, and set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add pepper, onion, and garlic, and saut 5 minutes.
- Add mushrooms, oregano, and salt; saut 3 minutes or until tender.
- Remove from heat; cool.
- Spread half of tomatoes over each prepared crust, and top each with half of vegetable mixture.
- Sprinkle Monterey Jack cheese and provolone cheese evenly over pizzas.
- Bake at 475 for 15 minutes. Reduce oven temperature to 375, and bake 15 additional minutes.
- Cut each pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:11.009130457173%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 299.69kcal (14.98%), Fat: 12.04g (18.53%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 33.17g (12.06%), Sugar: 8.24g (9.15%), Cholesterol: 23.1mg (7.7%), Sodium: 732.04mg (31.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin C: 29.61mg (35.9%), Calcium: 247.3mg (24.73%), Phosphorus: 187.32mg (18.73%), Vitamin B2: 0.27mg (15.67%), Iron: 2.82mg (15.67%), Fiber: 3.22g (12.89%), Vitamin B6: 0.23mg (11.47%), Copper: 0.22mg (11.07%), Selenium: 7.4µg (10.57%), Potassium: 357.9mg (10.23%), Manganese: 0.2mg (10.22%), Vitamin B3: 1.87mg (9.33%), Vitamin K: 9.44µg (8.99%), Vitamin A: 439.87IU (8.8%), Zinc: 1.26mg (8.39%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 1.09mg (7.29%), Magnesium: 26.78mg (6.69%), Vitamin B1: 0.09mg (6.29%), Folate: 24.94µg (6.24%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.22µg (1.46%)