



Cilantro Pesto Pizza Topped with Portobellos and Red Onion

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.5 cups flour all-purpose divided
- ☐ 3 ounces fontina shredded
- ☐ 2 cups cilantro leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 1 tablespoon parmigiano-reggiano cheese grated
- ☐ 10 ounces portabello mushrooms coarsely chopped
- ☐ 0.8 cup onion red thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon walnuts coarsely chopped
- ☐ 0.5 cup warm water 100° to 110°
- ☐ 1.5 teaspoons water
- ☐ 2 teaspoons cornmeal yellow

Equipment

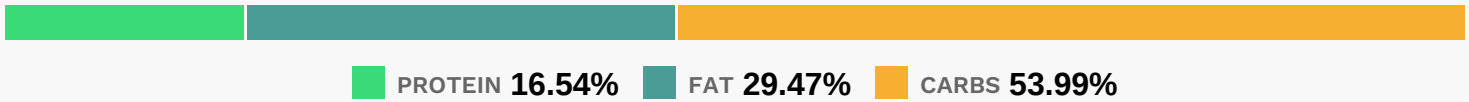
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

Directions

- ☐ To prepare crust, dissolve yeast and sugar in warm water in a large bowl, and let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Add 1 1/4 cups flour and 1/4 teaspoon salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, for 30 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)

- ☐ Punch the dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 12-inch circle on a floured surface.
- ☐ Place dough on a 12-inch pizza pan or baking sheet sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim. Cover and let rise 10 minutes or until puffy.
- ☐ Preheat oven to 45
- ☐ To prepare pesto, place cilantro and next 5 ingredients (cilantro through 1/2 teaspoon salt) in a food processor, and process until smooth, scraping sides of bowl occasionally.
- ☐ To prepare the pizza, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the mushrooms; cook 5 minutes or until moisture evaporates, stirring constantly.
- ☐ Add the vinegar, and cook until liquid evaporates.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Spoon the mushroom mixture onto pizza crust. Drop pesto by teaspoonfuls onto pizza crust. Top with onion, and sprinkle with fontina.
- ☐ Bake at 450 for 15 minutes or until the crust is lightly browned.
- ☐ Let stand for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:71.43, Glycemic Load:18.76, Inflammation Score:-7, Nutrition Score:12.337826065395%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 222.99kcal (11.15%), Fat: 7.36g (11.33%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 27.9g (10.14%), Sugar: 3.5g (3.89%), Cholesterol: 17.01mg (5.67%), Sodium: 427.92mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.59%), Selenium: 22µg (31.42%), Vitamin B1: 0.43mg

(28.36%), Folate: 107.61µg (26.9%), Vitamin B3: 4.58mg (22.9%), Manganese: 0.38mg (18.81%), Vitamin B2: 0.31mg (18.33%), Vitamin K: 17.88µg (17.03%), Phosphorus: 163.3mg (16.33%), Copper: 0.24mg (12.12%), Calcium: 106.04mg (10.6%), Iron: 1.9mg (10.57%), Vitamin A: 497.01IU (9.94%), Fiber: 2.46g (9.83%), Vitamin B5: 0.97mg (9.67%), Potassium: 297.07mg (8.49%), Zinc: 1.22mg (8.13%), Vitamin B6: 0.16mg (7.94%), Vitamin B12: 0.27µg (4.54%), Magnesium: 17.27mg (4.32%), Vitamin C: 2.95mg (3.57%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.23µg (1.54%)