



Cracker-Crust Mushroom Pizza

READY IN



70 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon active yeast dry
- ☐ 0.8 cup bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 1 teaspoon olive oil

- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons semolina flour
- ☐ 4 ounces shiitake mushroom caps sliced
- ☐ 5 tablespoons warm water (100° to 110°)

Equipment

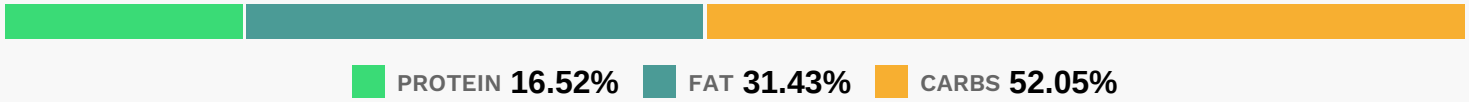
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ To prepare crust, combine 5 tablespoons water, 1 teaspoon oil, and yeast in a bowl.
- ☐ Let stand 2 minutes. Weigh or lightly spoon 5 ounces bread flour into dry measuring cups; level with a knife.
- ☐ Sprinkle bread flour over yeast mixture.
- ☐ Add semolina flour, rosemary, and salt. Stir until just combined. Turn dough onto counter; knead 1 minute.
- ☐ Place dough in a medium bowl coated with cooking spray, turning to coat top. Cover and place in a warm place, free from drafts, 40 minutes.
- ☐ Position an oven rack in lowest setting.
- ☐ Place a pizza stone on lowest rack. Preheat oven and pizza stone to 500; leave stone in oven 30 minutes.

- ☐ To prepare topping, heat a nonstick skillet over medium-high heat.
- ☐ Add 2 teaspoons oil; swirl.
- ☐ Add mushrooms; sprinkle with 1/4 teaspoon salt. Saut for 2 minutes.
- ☐ Add garlic and pepper; saut 3 minutes.
- ☐ Turn dough out onto a lightly floured surface.
- ☐ Roll dough out to a thin 14-inch circle.
- ☐ Transfer dough to a baking sheet dusted with cornmeal.
- ☐ Brush the dough with 1 teaspoon oil. Slide dough onto the preheated pizza stone, using a spatula as a guide. Reduce oven temperature to 475; bake 5 minutes.
- ☐ Remove from oven.
- ☐ Spread sauce over crust, leaving a 1/2-inch border; top with mozzarella cheese, mushroom mixture, and Parmigiano.
- ☐ Bake 4 minutes or until crust is browned. Slice pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:17.04, Inflammation Score:-4, Nutrition Score:9.0160869722781%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 235.7kcal (11.78%), Fat: 8.25g (12.69%), Saturated Fat: 2.56g (16%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 28.44g (10.34%), Sugar: 1.53g (1.7%), Cholesterol: 10.66mg (3.55%), Sodium: 640.97mg (27.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Selenium: 23.9µg (34.14%), Manganese: 0.38mg (19.11%), Phosphorus: 165.25mg (16.53%), Calcium: 151.36mg (15.14%), Vitamin B2: 0.21mg (12.47%), Vitamin B3: 2.33mg (11.65%), Vitamin B1: 0.15mg (10.15%), Folate: 40.04µg (10.01%), Fiber: 2.28g (9.12%), Vitamin B6: 0.17mg (8.4%), Zinc: 1.21mg (8.09%), Vitamin B5: 0.71mg (7.13%), Copper: 0.14mg (7.06%), Vitamin E: 1.05mg (7%), Magnesium: 26.85mg (6.71%), Iron: 1.16mg (6.43%), Potassium: 207.4mg (5.93%), Vitamin A: 173.77IU (3.48%), Vitamin K: 3.57µg (3.4%), Vitamin B12: 0.14µg (2.42%), Vitamin C: 1.55mg (1.88%), Vitamin D: 0.17µg (1.12%)