



Double-Mushroom Pizza

READY IN



103 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons asiago cheese grated
- 0.3 teaspoon pepper black freshly ground
- 8 ounce mushrooms
- 2 tablespoons flour all-purpose
- 1.5 teaspoons thyme sprigs fresh chopped
- 3 garlic clove minced
- 0.8 cup milk 2% reduced-fat
- 1.5 teaspoons olive oil divided
- 4 ounces part-skim mozzarella cheese shredded

- 10 ounce uncook pizza crust whole wheat italian thin (such as Boboli)
- 1 large plum tomatoes thinly sliced
- 6 ounce portabello mushrooms coarsely chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 37
- Place pizza crust on a baking sheet coated with cooking spray.
- Bake at 375 for 5 minutes.
- Remove crust from oven (do not turn oven off); set crust aside.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; add 1 teaspoon oil to pan, swirling to coat.
- Add mushrooms to pan; saut 8 minutes or until moisture evaporates. Stir in thyme; spoon mushroom mixture into a bowl.
- Add remaining 1/2 teaspoon oil to pan, and reduce heat to medium.
- Add garlic to pan; cook 45 seconds.
- Combine milk and flour in a small bowl, stirring well with a whisk.
- Add milk mixture to pan; cook 2 minutes or until thick, stirring constantly.
- Add Asiago and pepper, stirring until cheese melts.
- Spread sauce over crust, leaving a 1/2-inch border. Top evenly with mushroom mixture, tomato slices, and mozzarella.
- Bake at 375 for 10 minutes or until cheese melts and begins to brown.
- Cut pizza into 8 wedges.

Nutrition Facts

PROTEIN 21.48% FAT 28.54% CARBS 49.98%

Properties

Glycemic Index:69.75, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:13.426086933716%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 358.07kcal (17.9%), Fat: 11.51g (17.71%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 42.7g (15.53%), Sugar: 6.29g (6.98%), Cholesterol: 24.23mg (8.08%), Sodium: 640.22mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Calcium: 396.39mg (39.64%), Phosphorus: 304.89mg (30.49%), Selenium: 20.81µg (29.73%), Vitamin B2: 0.49mg (28.89%), Vitamin B3: 4.38mg (21.91%), Copper: 0.34mg (17%), Iron: 2.85mg (15.84%), Vitamin B5: 1.58mg (15.79%), Potassium: 480.32mg (13.72%), Zinc: 1.71mg (11.41%), Fiber: 2.66g (10.64%), Vitamin B6: 0.21mg (10.34%), Vitamin B12: 0.56µg (9.27%), Folate: 36.19µg (9.05%), Vitamin B1: 0.14mg (9%), Manganese: 0.18mg (8.77%), Vitamin A: 376.42IU (7.53%), Vitamin C: 5.31mg (6.43%), Magnesium: 22.65mg (5.66%), Vitamin K: 2.99µg (2.85%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.34µg (2.3%)