



Four-Mushroom Pesto Pizza

READY IN



36 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings celery and parsley salad
- ☐ 0.3 cup porcini mushrooms dried
- ☐ 3 garlic cloves minced
- ☐ 12 ounce exotic mushroom blend fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons pesto refrigerated
- ☐ 12 ounces pizza dough fresh refrigerated
- ☐ 0.1 teaspoon salt

- ☐ 0.8 cup whole-milk mozzarella cheese shredded
- ☐ 0.7 cup water

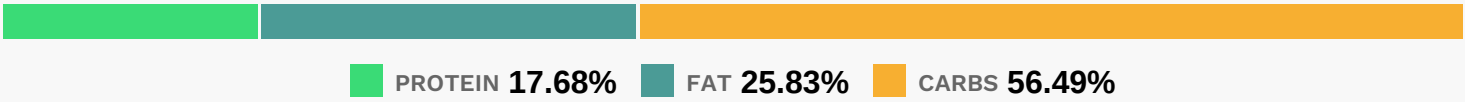
Equipment

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

Directions

- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Place the dough in a medium microwave-safe bowl coated with cooking spray. Cover and microwave at MEDIUM (50% power) 45 seconds.
- ☐ Let stand 5 minutes.
- ☐ Combine 2/3 cup water and porcini in a 2-cup glass measuring cup. Microwave at HIGH 4 minutes or until tender; drain. Coarsely chop porcini.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl.
- ☐ Add fresh mushrooms and garlic; saut 5 minutes. Stir in porcini, pepper, and salt.
- ☐ Roll dough into a 12 x 8-inch rectangle on a floured surface. Carefully remove pizza stone from oven; arrange dough on pizza stone.
- ☐ Spread pesto over dough, leaving a 1/2-inch border.
- ☐ Sprinkle cheese over pesto; top with mushroom mixture.
- ☐ Bake at 500 for 13 minutes or until crust is browned and crisp.
- ☐ Cut into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:15.316521758619%

Flavonoids

Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 368.46kcal (18.42%), Fat: 10.94g (16.83%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 47.76g (17.37%), Sugar: 9.52g (10.58%), Cholesterol: 4.71mg (1.57%), Sodium: 1048.59mg (45.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.7%), Vitamin K: 34.92µg (33.26%), Calcium: 273.57mg (27.36%), Phosphorus: 271.14mg (27.11%), Fiber: 6.07g (24.28%), Vitamin B5: 2.07mg (20.72%), Vitamin B2: 0.34mg (20.19%), Vitamin B3: 4.02mg (20.1%), Vitamin B6: 0.4mg (19.92%), Manganese: 0.39mg (19.51%), Potassium: 613.53mg (17.53%), Iron: 3.11mg (17.26%), Vitamin A: 823.5IU (16.47%), Selenium: 10.69µg (15.28%), Copper: 0.3mg (15.09%), Folate: 56.67µg (14.17%), Zinc: 2.06mg (13.73%), Magnesium: 40.35mg (10.09%), Vitamin E: 0.83mg (5.56%), Vitamin C: 4.19mg (5.08%), Vitamin B1: 0.05mg (3.45%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.43µg (2.87%)