



Grilled Truffled Pizza with Leeks, Asparagus & Shitake Mushrooms

READY IN



60 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce asparagus cut into 2-inch pieces
- ☐ 4 ounce camember cheese sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 8 ounce shitake mushrooms cut into ¼-inch slices
- ☐ 2 tablespoon olive oil extra-virgin plus more for brushing
- ☐ 2 pound pizza dough raw
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon thyme leaves plus more for garnish

☐ 6 servings truffle oil to taste

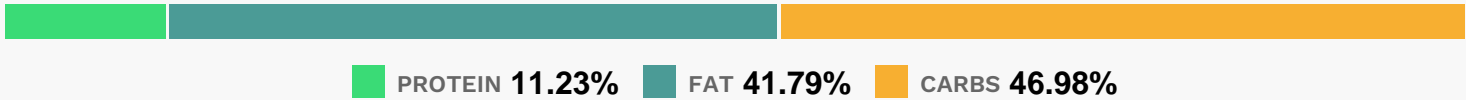
Equipment

- ☐ frying pan
- ☐ grill
- ☐ wax paper
- ☐ spatula
- ☐ tongs

Directions

- ☐ Heat 2 tablespoons olive oil in a large skillet set over medium heat.
- ☐ Add leeks and cook until beginning to soften, stirring often, about 5 minutes.
- ☐ Add mushrooms and cook another 4 to 5 minutes.
- ☐ Add the asparagus and wine. Continue cooking until asparagus become bright green, about 2 minutes more.
- ☐ Remove from heat, season with salt and pepper. Set aside. Form the pizza dough into six 9-inch rounds.
- ☐ Layer them between sheets of parchment or wax paper and refrigerate at least 1 hour and up to over night. (see my Basic Pizza Dough & Variations recipe)
- ☐ Heat a grill until medium-hot. Generously oil one side of as many rounds as comfortable fits on the grill.
- ☐ Put them oil side down onto the grate and cook, turning as needed until golden brown and beginning to char on the bottom. The top should bubble up in places, about 3-5 minutes. Quickly brush the tops with more olive oil and flip. Working quickly, top each crust with slices of cheese. Once it starts to soften, about 1 minute add some of the asparagus mixture on top. Cook the pizzas until warmed through and nicely browned on the bottom. Using tongs or a spatula slide each pizza onto a serving plate. Continue with remaining ingredients. garnish with more thyme and a tiny drizzle of truffle oil.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:10.575217329937%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 639.32kcal (31.97%), Fat: 29.97g (46.11%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 75.83g (25.28%), Net Carbohydrates: 72.22g (26.26%), Sugar: 10.99g (12.21%), Cholesterol: 18.9mg (6.3%), Sodium: 1414.18mg (61.49%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 18.12g (36.23%), Iron: 5.45mg (30.26%), Vitamin K: 27.46µg (26.15%), Vitamin E: 3.26mg (21.74%), Vitamin B2: 0.3mg (17.39%), Calcium: 149.76mg (14.98%), Fiber: 3.6g (14.41%), Phosphorus: 141.76mg (14.18%), Selenium: 9.74µg (13.92%), Vitamin A: 530.57IU (10.61%), Copper: 0.2mg (10.25%), Vitamin B3: 1.78mg (8.88%), Folate: 30.68µg (7.67%), Vitamin B5: 0.76mg (7.57%), Zinc: 1.13mg (7.52%), Potassium: 225.54mg (6.44%), Vitamin B1: 0.09mg (6.08%), Vitamin C: 4.78mg (5.79%), Manganese: 0.11mg (5.58%), Vitamin B6: 0.1mg (4.79%), Magnesium: 16.67mg (4.17%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.19µg (1.26%)