



Individual Mushroom, Onion, and Arugula Pizzas

READY IN



55 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1 tablespoon cornmeal
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 8 ounce pre mushrooms
- ☐ 5 teaspoons olive oil extra-virgin divided
- ☐ 1 medium onion thinly sliced
- ☐ 0.8 cup part-skim ricotta cheese

- ☐ 0.3 cup pecorino romano cheese grated
- ☐ 12 ounces pizza dough refrigerated

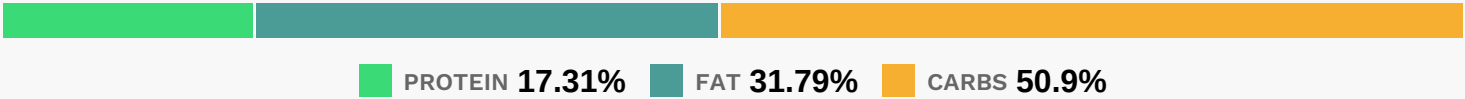
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Remove dough from refrigerator; let stand at room temperature, covered, 30 minutes.
- ☐ 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).
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 4 teaspoons oil to pan; swirl to coat.
- ☐ Add mushrooms and onion; saut 5 minutes or until slightly tender and mushrooms start to release liquid, stirring occasionally. Stir in garlic; cook 3 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from heat.
- ☐ Divide dough into 4 equal portions.
- ☐ Roll each portion into a 6-inch circle on a lightly floured surface; pierce entire surface of dough circles liberally with a fork. Carefully remove pizza stone from oven; sprinkle with cornmeal. Arrange dough circles on pizza stone.
- ☐ Combine cheeses in a small bowl. Divide cheese mixture into 4 equal portions; spread each portion evenly over 1 dough circle, leaving a 1/2-inch border. Divide mushroom mixture evenly among pizzas.
- ☐ Bake at 500 for 12 minutes or until crust is browned and crisp.
- ☐ Combine remaining 1 teaspoon oil, arugula, and lemon juice in a bowl. Divide arugula mixture evenly among pizzas.
- ☐ Cut each pizza into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:10.655652206877%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 387.92kcal (19.4%), Fat: 14g (21.54%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 47.71g (17.35%), Sugar: 8.06g (8.95%), Cholesterol: 23.08mg (7.69%), Sodium: 780.13mg (33.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.31%), Calcium: 242.16mg (24.22%), Phosphorus: 218.38mg (21.84%), Vitamin B2: 0.37mg (21.47%), Selenium: 14.78µg (21.11%), Iron: 3.18mg (17.68%), Vitamin K: 14.56µg (13.87%), Copper: 0.23mg (11.38%), Vitamin B3: 2.23mg (11.13%), Vitamin B5: 1.1mg (11%), Fiber: 2.74g (10.96%), Potassium: 338.05mg (9.66%), Vitamin A: 451.2IU (9.02%), Zinc: 1.32mg (8.81%), Folate: 32.34µg (8.08%), Vitamin B6: 0.15mg (7.48%), Manganese: 0.14mg (7.09%), Vitamin C: 5.68mg (6.88%), Magnesium: 26.07mg (6.52%), Vitamin B1: 0.09mg (5.77%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.2µg (1.34%)