



Mushroom-and-Goat Cheese Béchamel Pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons flour for dusting all-purpose plus more
- ☐ 1 garlic smashed
- ☐ 2 ounces goat cheese fresh sliced
- ☐ 1.5 cups milk
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 1 pound pizza dough
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 1 teaspoon thyme leaves
- ☐ 2 tablespoons butter unsalted
- ☐ 1 pound mushrooms fresh white such as porcini button and stemmed shiitake thinly sliced assorted

Equipment

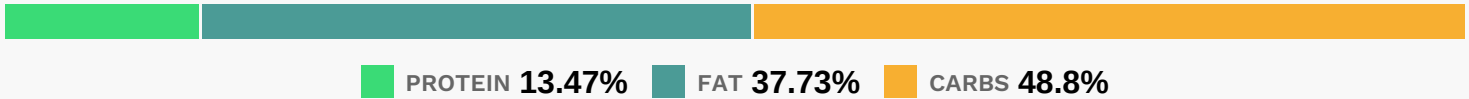
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pizza stone

Directions

- ☐ Preheat the oven to 50
- ☐ Preheat a pizza stone or generously oil a large baking sheet. In a medium saucepan, melt the butter over moderate heat. Stir in the 3 tablespoons of flour until a paste forms. Gradually pour in the milk, whisking until smooth. Bring the bchamel sauce to a simmer over moderately high heat, whisking constantly, until thickened, about 4 minutes. Reduce the heat to low and cook, whisking often, until no floury taste remains, about 10 minutes.
- ☐ Remove from the heat and stir in the goat cheese until melted. Season the sauce with nutmeg, salt and pepper.
- ☐ Cut the pizza dough into 4 pieces. On a lightly floured work surface, roll out each piece to a 6-inch round. Dust the rounds with flour and let rest until slightly puffed, about 15 minutes.
- ☐ Meanwhile, in a large skillet, heat the 2 tablespoons of olive oil.
- ☐ Add the smashed garlic clove and cook over moderate heat until golden, about 2 minutes.
- ☐ Add the mushrooms, cover and cook, stirring occasionally, until tender and browned, about 15 minutes. Discard the garlic. Season the mushrooms with salt and pepper and stir in the thyme leaves.
- ☐ Roll out one of the dough rounds to form a 9-inch round.
- ☐ Transfer the round to the peel and brush the edge of the dough with olive oil.

- ☐
- Spread 1/3 cup of the bchamel over the dough and scatter one-fourth of the mushrooms on top.
- ☐
- Transfer the round to the pizza stone and bake for about 5 minutes, until the edges are crisp and the bchamel is bubbling.
- ☐
- Transfer the pizza to a work surface, cut into wedges and serve. Repeat with the remaining dough and toppings.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:6.05, Inflammation Score:-7, Nutrition Score:14.260869648146%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 541.15kcal (27.06%), Fat: 23.29g (35.83%), Saturated Fat: 9.79g (61.2%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 64.26g (23.37%), Sugar: 14.4g (16%), Cholesterol: 32.55mg (10.85%), Sodium: 914.01mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.71g (37.41%), Vitamin B2: 0.67mg (39.45%), Copper: 0.5mg (25.07%), Iron: 4.37mg (24.28%), Phosphorus: 240.08mg (24.01%), Vitamin B3: 4.63mg (23.14%), Vitamin B5: 2.18mg (21.76%), Selenium: 14.8µg (21.15%), Potassium: 523.69mg (14.96%), Calcium: 145.89mg (14.59%), Fiber: 3.51g (14.06%), Vitamin B1: 0.21mg (13.75%), Vitamin B6: 0.23mg (11.32%), Manganese: 0.2mg (10.08%), Vitamin A: 495.99IU (9.92%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 1.39µg (9.3%), Vitamin E: 1.26mg (8.39%), Folate: 33.27µg (8.32%), Zinc: 1.2mg (8.02%), Magnesium: 29.65mg (7.41%), Vitamin K: 5.43µg (5.17%), Vitamin C: 3.48mg (4.21%)