



Mushroom Lovers' French Bread Pizzas

READY IN



40 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter cut into pieces
- ☐ 1 pound button mushrooms
- ☐ 1 loaf top french
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 large cloves garlic finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 large portobello mushroom caps

- ☐ 4 servings salt and pepper
- ☐ 0.5 pound mushroom caps
- ☐ 3 cups swiss cheese shredded
- ☐ 2 teaspoons worcestershire sauce

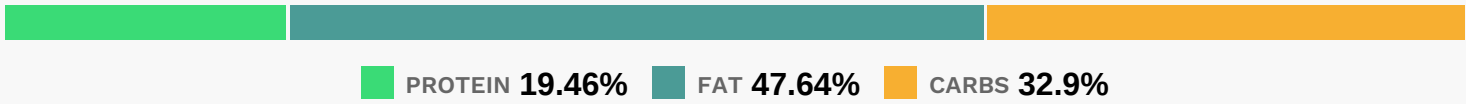
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Wipe mushrooms clean with a damp towel. Slice the mushrooms.
- ☐ Heat a deep skillet with extra-virgin olive oil and butter over medium heat. When butter melts into oil, add bay, garlic and mushrooms. Cook until mushrooms are dark and tender, 12 to 15 minutes. Season the mushrooms with salt and pepper and add wine. Deglaze the pan with wine, eyeball the amount. Shake the pan and add the Worcestershire and thyme. Turn off heat.
- ☐ Preheat broiler and split the loaf lengthwise and across. Hollow out a bit of the soft insides. Toast the bread lightly under broiler. Fill bread with mushrooms evenly then top with cheese liberally. Melt cheese until it browns and bubbles then remove the pizzas from the oven and turn off the broiler.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:42.4, Inflammation Score:-10, Nutrition Score:44.858695548514%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 847.75kcal (42.39%), Fat: 45g (69.24%), Saturated Fat: 20.49g (128.04%), Carbohydrates: 69.91g (23.3%), Net Carbohydrates: 62.66g (22.79%), Sugar: 13.04g (14.49%), Cholesterol: 90.38mg (30.13%), Sodium: 1057.93mg (46%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 41.36g (82.72%), Selenium: 98.55µg (140.78%), Vitamin B3: 18.82mg (94.1%), Phosphorus: 927.76mg (92.78%), Vitamin B2: 1.49mg (87.77%), Calcium: 803.02mg (80.3%), Vitamin B1: 0.93mg (61.95%), Copper: 1.14mg (56.89%), Vitamin B5: 5.19mg (51.91%), Folate: 205.65µg (51.41%), Manganese: 0.95mg (47.28%), Zinc: 6.76mg (45.06%), Vitamin B12: 2.59µg (43.12%), Potassium: 1388.95mg (39.68%), Vitamin B6: 0.76mg (37.77%), Iron: 6mg (33.36%), Fiber: 7.25g (29%), Magnesium: 87.39mg (21.85%), Vitamin A: 934.56IU (18.69%), Vitamin E: 2.42mg (16.13%), Vitamin K: 8.85µg (8.42%), Vitamin C: 6.52mg (7.9%), Vitamin D: 0.96µg (6.38%)