



Mushroom Lovers' Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil fresh shredded
- ☐ 4 ounces mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup plum brandy dry divided
- ☐ 1 teaspoon olive oil
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.5 recipe pizza crust dough whole wheat

- ☐ 2 inch portabello mushrooms
- ☐ 4 ounces mushroom caps coarsely chopped
- ☐ 2 ounces swiss cheese shredded reduced-fat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pizza pan

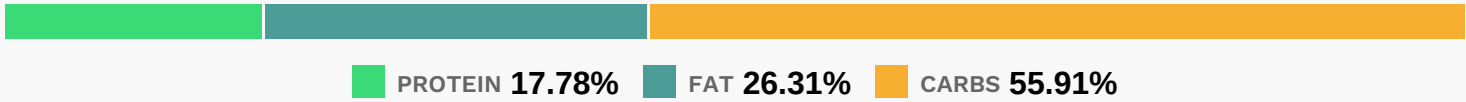
Directions

- ☐ Pat dough into a 12-inch pizza pan coated with cooking spray.
- ☐ Bake at 425 on bottom rack of oven for 5 minutes.
- ☐ Place portobello mushrooms in a large nonstick skillet; add 1/4 cup wine. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until mushrooms are tender.
- ☐ Remove from skillet; set aside. Wipe skillet dry with a paper towel.
- ☐ Coat skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add garlic, 4 ounces sliced fresh mushrooms, and shiitake mushrooms; saute until tender.
- ☐ Add remaining 1/2 cup wine. Bring to a boil; reduce heat, and simmer, uncovered, until liquid evaporates.
- ☐ Position knife blade in food processor bowl; add shiitake mushroom mixture, Parmesan cheese, lemon juice, and olives. Process 10 seconds or until almost smooth.
- ☐ Spread shiitake mushroom mixture over crust, leaving a 1/2-inch border. Arrange portobello mushrooms over mushroom mixture; sprinkle with Swiss cheese.
- ☐ Bake at 425 on bottom rack of oven for 12 minutes or until crust is lightly browned and cheese melts.

- ☐
- Remove from oven, and sprinkle with basil.

☐

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:7.9986955860387%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 294.42kcal (14.72%), Fat: 7.38g (11.35%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 32.91g (11.97%), Sugar: 5.91g (6.56%), Cholesterol: 7.14mg (2.38%), Sodium: 591.73mg (25.73%), Alcohol: 6.89g (100%), Alcohol %: 4.53% (100%), Protein: 11.21g (22.43%), Calcium: 222.27mg (22.23%), Phosphorus: 167.23mg (16.72%), Vitamin B2: 0.25mg (14.67%), Vitamin B3: 2.36mg (11.78%), Selenium: 7.75µg (11.08%), Iron: 1.91mg (10.62%), Copper: 0.19mg (9.46%), Fiber: 2.35g (9.4%), Vitamin B5: 0.91mg (9.07%), Manganese: 0.18mg (8.89%), Zinc: 1.18mg (7.84%), Vitamin B6: 0.16mg (7.77%), Potassium: 263.7mg (7.53%), Vitamin K: 7.19µg (6.85%), Magnesium: 21.56mg (5.39%), Vitamin E: 0.8mg (5.31%), Vitamin B12: 0.28µg (4.73%), Vitamin A: 185.33IU (3.71%), Vitamin C: 2.78mg (3.38%), Vitamin B1: 0.05mg (3.16%), Folate: 12.15µg (3.04%), Vitamin D: 0.2µg (1.34%)