



Mushroom, Onion and Basil Pizza

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 1 cup tomatoes
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 cup part-skim mozzarella cheese shredded
- ☐ 10 ounce baked pizza crust thin

- ☐ 0.5 medium onion red sliced
- ☐ 0.3 cup reconstituted sun-dried tomatoes sliced

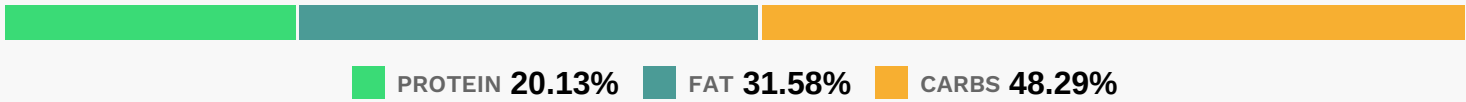
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Heat the oil in a skillet over a medium heat.
- ☐ Add the mushrooms and onions and cook until tender and most of the liquid evaporates, about 5 minutes. Stir in the garlic and remove from the heat.
- ☐ Place the pizza crust on a baking sheet.
- ☐ Spread the sauce over the crust leaving a 1-inch border. Top with the mushroom mixture and sun-dried tomatoes.
- ☐ Sprinkle with the mozzarella and Parmesan cheeses.
- ☐ Bake until the crust is crisp and the cheese is nicely melted, about 13 minutes.
- ☐ Sprinkle with basil, cut into 8 slices and serve.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:2.85, Inflammation Score:-6, Nutrition Score:13.950869498046%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 372.84kcal (18.64%), Fat: 13.4g (20.62%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 42.4g (15.42%), Sugar: 7.93g (8.81%), Cholesterol: 22.17mg (7.39%), Sodium: 950.74mg (41.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Calcium: 383.79mg (38.38%), Phosphorus: 269.91mg (26.99%), Vitamin B2: 0.41mg (24.32%), Iron: 3.66mg (20.33%), Potassium: 657.85mg (18.8%), Copper: 0.37mg (18.65%), Vitamin B3: 3.36mg (16.81%), Selenium: 11.74µg (16.78%), Fiber: 3.69g (14.76%), Manganese: 0.28mg (14.16%), Vitamin K: 13.64µg (12.99%), Vitamin B5: 1.26mg (12.61%), Vitamin C: 9.93mg (12.03%), Vitamin A: 588.33IU (11.77%), Zinc: 1.56mg (10.43%), Vitamin B6: 0.2mg (10.23%), Magnesium: 39.53mg (9.88%), Vitamin E: 1.46mg (9.74%), Vitamin B1: 0.11mg (7.62%), Folate: 26.46µg (6.62%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.23µg (1.52%)