



## Mushroom-Pepper Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black
- 2 cups bread flour
- 3 tablespoons bread flour divided
- 1 tablespoon cornmeal
- 1 cup mushrooms fresh thinly sliced
- 6 cloves garlic thinly sliced
- 0.3 teaspoon ground pepper red
- 5 ounces cheddar cheese shredded reduced-fat

- 1 teaspoon olive oil
- 1 teaspoon garlic-flavored olive oil
- 0.5 cup onion thinly sliced
- 1 tablespoon oregano fresh chopped
- 1 large bell pepper sweet red thinly sliced
- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.8 cup water
- 2.5 teaspoons rapid rise yeast

## Equipment

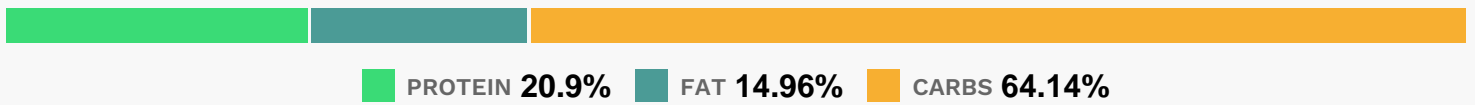
- bowl
- sauce pan
- oven
- mixing bowl
- pizza pan
- hand mixer

## Directions

- Combine first 3 ingredients in a large mixing bowl; stir well.
- Combine olive oil and water in a saucepan; heat to 120 to 130
- Gradually add liquid mixture to flour mixture, beating well at low speed of an electric mixer. Beat 2 additional minutes at medium speed.
- Sprinkle 2 tablespoons bread flour evenly over work surface.
- Turn dough out onto floured surface, and knead until smooth and elastic (about 10 minutes).
- Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Sprinkle remaining 1 tablespoon bread flour evenly over work surface. Punch dough down; roll to a 14-inch circle on floured work surface.

- Transfer dough to a 14-inch pizza pan coated with cooking spray and sprinkled with cornmeal. Set aside.
- Combine mushrooms and next 3 ingredients in a large bowl.
- Add garlic-flavored olive oil; toss well.
- Add oregano and next 3 ingredients; stir well. Arrange vegetable mixture evenly over pizza crust; sprinkle cheese evenly over vegetables.
- Bake at 425 for 15 to 20 minutes.
- Cut into wedges.

## Nutrition Facts



### Properties

Glycemic Index:49.06, Glycemic Load:17.24, Inflammation Score:-8, Nutrition Score:9.7291303626869%

### Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

### Nutrients (% of daily need)

Calories: 187.08kcal (9.35%), Fat: 3.11g (4.79%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 27.77g (10.1%), Sugar: 1.79g (1.99%), Cholesterol: 3.72mg (1.24%), Sodium: 476.54mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.57%), Vitamin C: 28mg (33.94%), Selenium: 17.71µg (25.3%), Manganese: 0.4mg (20.04%), Phosphorus: 150.82mg (15.08%), Vitamin A: 716.59IU (14.33%), Folate: 51.3µg (12.82%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.17mg (10.26%), Calcium: 98.4mg (9.84%), Fiber: 2.26g (9.03%), Vitamin B6: 0.16mg (8.14%), Vitamin B3: 1.47mg (7.33%), Copper: 0.13mg (6.69%), Zinc: 0.91mg (6.04%), Vitamin B5: 0.6mg (5.96%), Vitamin K: 5.94µg (5.65%), Magnesium: 20.39mg (5.1%), Vitamin E: 0.76mg (5.05%), Potassium: 173.97mg (4.97%), Iron: 0.89mg (4.97%), Vitamin B12: 0.09µg (1.54%)