

Mushroom Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound cremini mushrooms sliced
- 2.3 teaspoons yeast dry
- 10 ounces flour all-purpose divided
- 2 ounces fontina shredded
- 3 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 garlic clove minced
- 1 teaspoon olive oil

- 2 teaspoons olive oil
- 2 cups onion thinly sliced (1 large)
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup warm water (100° to 110°)
- 1 ounce flour whole wheat
- 0.3 cup cornmeal yellow
- 1 tablespoon cornmeal yellow

Equipment

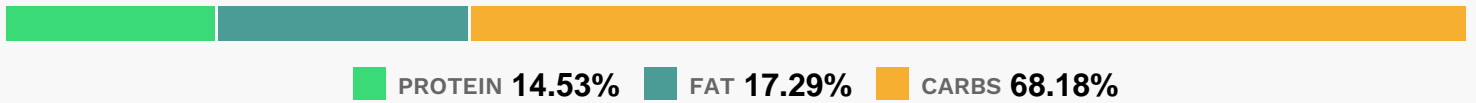
- bowl
- frying pan
- baking sheet
- oven
- knife
- measuring cup

Directions

- To prepare dough, dissolve yeast and sugar in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.
- Add 2 cups all-purpose flour, whole wheat flour, 1/4 cup cornmeal, 1 teaspoon salt, and 1 teaspoon oil to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- To prepare topping, heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.

- Add mushrooms, onion, and garlic; saut 8 minutes or until mushrooms are tender and liquid almost evaporates.
- Remove from heat; stir in thyme and 1/2 teaspoon salt.
- Preheat oven to 47
- Punch dough down; cover and let rest 5 minutes.
- Roll dough into a 13-inch round on a lightly floured surface. Lightly coat a large baking sheet with cooking spray, and sprinkle with 1 tablespoon cornmeal.
- Place dough on baking sheet.
- Spread mushroom mixture over dough, leaving a 1-inch border; sprinkle with cheese.
- Bake at 475 on bottom rack of oven 13 minutes or until crust is lightly brown and cheese melts.
- Sprinkle with parsley.
- Cut into 12 wedges.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:15.71, Inflammation Score:-7, Nutrition Score:10.423043403936%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 160.65kcal (8.03%), Fat: 3.13g (4.82%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 25.56g (9.3%), Sugar: 2.34g (2.6%), Cholesterol: 5.48mg (1.83%), Sodium: 334.47mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Selenium: 20.45µg (29.21%), Vitamin B1: 0.32mg (21.65%), Vitamin B2: 0.35mg (20.82%), Manganese: 0.39mg (19.55%), Folate: 75.92µg (18.98%), Vitamin B3: 3.35mg (16.74%), Vitamin K: 17.36µg (16.54%), Copper: 0.27mg (13.29%), Phosphorus: 118.01mg (11.8%), Iron: 1.71mg

(9.51%), Fiber: 2.24g (8.95%), Vitamin B5: 0.85mg (8.49%), Potassium: 274.24mg (7.84%), Zinc: 1.05mg (7.03%),
Vitamin B6: 0.14mg (6.84%), Magnesium: 21.62mg (5.4%), Vitamin C: 4.32mg (5.23%), Calcium: 48.67mg (4.87%),
Vitamin A: 155.86IU (3.12%), Vitamin B12: 0.12µg (1.96%), Vitamin E: 0.22mg (1.47%)