



Mushroom-Prosciutto Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cremini mushrooms sliced
- ☐ 1.5 ounces fontina shredded
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 2 ounces pancetta cut into thin strips
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 teaspoons sherry vinegar

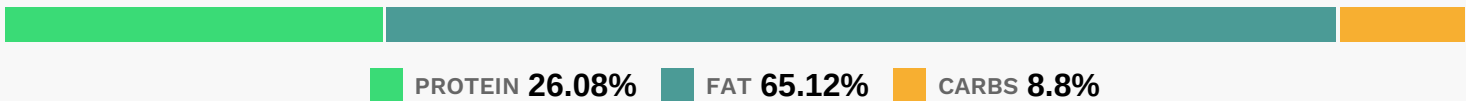
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a 12-inch nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms and shallots to pan; saut 7 minutes or until mushrooms are tender.
- ☐ Add garlic and thyme; saut 1 minute. Stir in vinegar; remove from heat.
- ☐ Place crust on the bottom rack of oven.
- ☐ Bake at 450 for 4 minutes.
- ☐ Place the crust on a baking sheet.
- ☐ Spread mushroom mixture evenly over crust; sprinkle evenly with prosciutto and fontina cheese.
- ☐ Bake at 450 for 6 minutes or until cheese melts.
- ☐ Tips: For a crisp crust, bake the pizza crust on the lowest rack for a few minutes before adding the toppings. Presliced button mushrooms can substitute for the creminis.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:8.2834782678148%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 353.19kcal (17.66%), Fat: 26.73g (41.13%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.23g (2.63%), Sugar: 2.31g (2.57%), Cholesterol: 35.86mg (11.95%), Sodium: 319.09mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Selenium: 19.42µg (27.74%), Calcium: 220.14mg (22.01%), Vitamin B2: 0.32mg (18.65%), Copper: 0.31mg (15.52%), Vitamin B3: 2.78mg (13.92%), Phosphorus: 135.98mg (13.6%), Vitamin B5: 1.02mg (10.24%), Potassium: 345.3mg (9.87%), Vitamin B6: 0.17mg (8.55%), Zinc: 1.24mg (8.27%), Manganese: 0.15mg (7.45%), Vitamin B1: 0.11mg (7.06%), Vitamin B12: 0.31µg (5.1%), Folate: 20.09µg (5.02%), Fiber: 0.9g (3.6%), Iron: 0.6mg (3.32%), Magnesium: 12.48mg (3.12%), Vitamin C: 2.23mg (2.7%), Vitamin A: 126.72IU (2.53%), Vitamin D: 0.18µg (1.18%)