



Mushroom-Spinach Pizza

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach coarsely chopped
- 0.3 teaspoon pepper red crushed
- 8 ounce pre mushrooms
- 4 ounces part-skim mozzarella cheese shredded
- 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- 1.3 cups tomato-basil pasta sauce

Equipment

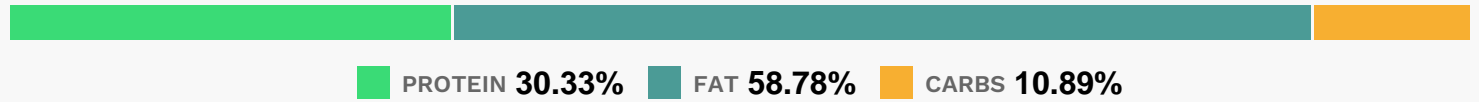
- baking sheet

- oven
- pizza pan

Directions

- Preheat oven to 45
- Place pizza crust on a pizza pan or baking sheet. Spoon pasta sauce over crust, leaving a 1-inch border. Top with mushrooms and spinach; sprinkle with cheese and red pepper.
- Bake at 450 for 10 minutes or until cheese melts.
- Cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:10.720000163369%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 344.06kcal (17.2%), Fat: 23.47g (36.11%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 7.67g (2.79%), Sugar: 4.48g (4.98%), Cholesterol: 32.32mg (10.77%), Sodium: 477.62mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.49%), Calcium: 386.31mg (38.63%), Vitamin K: 36.81µg (35.06%), Vitamin A: 1126.7IU (22.53%), Vitamin B2: 0.33mg (19.36%), Phosphorus: 184.07mg (18.41%), Selenium: 9.46µg (13.51%), Potassium: 381.74mg (10.91%), Vitamin B3: 2.15mg (10.73%), Copper: 0.2mg (9.92%), Vitamin B5: 0.88mg (8.77%), Fiber: 2.11g (8.44%), Zinc: 1.12mg (7.48%), Folate: 26.78µg (6.69%), Vitamin C: 5.3mg (6.42%), Manganese: 0.1mg (4.94%), Vitamin B6: 0.1mg (4.8%), Iron: 0.81mg (4.51%), Magnesium: 17.73mg (4.43%), Vitamin B12: 0.26µg (4.25%), Vitamin B1: 0.06mg (3.81%), Vitamin E: 0.25mg (1.64%), Vitamin D: 0.2µg (1.32%)