



Mushroom, Zucchini, and Swiss-Cheese Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme leaves dried
- 0.5 cup cooking wine dry white
- 0.5 teaspoon fresh-ground pepper black
- 1 pound mushrooms sliced thin
- 3 tablespoons olive oil
- 0.3 cup parmesan grated
- 2 pounds pizza dough homemade store-bought
- 1 teaspoon salt
- 2 cups swiss cheese grated

- 1 slices zucchini halved lengthwise thin

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat the oven to 42
- Oil two 12-inch pizza pans or large baking sheets. Press the dough into a 12-inch round, or 9-by-13-inch rectangle, on each prepared pan.
- Bake until the dough begins to brown, 10 to 15 minutes.
- Meanwhile, in a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat.
- Add the zucchini and cook, stirring occasionally, until almost tender, about 3 minutes.
- Transfer to a small bowl.
- Heat the remaining 2 tablespoons of oil in the same pan.
- Add the mushrooms, salt, pepper, and thyme and cook, stirring frequently, until the mushrooms are golden, about 5 minutes.
- Return the zucchini to the pan, add the wine, and simmer, stirring occasionally, until the vegetables are tender and all the wine has evaporated, about 5 minutes more.
- Spread the vegetable mixture on the partially baked pizza crusts.
- Sprinkle each with Swiss cheese and Parmesan and bake until the cheese melts, about 10 minutes.
- Wine Recommendation: Nebbiolo is the grape of great Italian wines such as Barolo and Barbaresco. You can enjoy its complex mushroom, spice, rose-petal, and strawberry flavors in a much less expensive Nebbiolo delle Langhe or Nebbiolo d'Alba.
- Notes: If you prefer to use store-bought pizza shells, such as Boboli, simply start this recipe with Step
- Spread the topping directly onto the shells in Step 4, no prebaking required.

Nutrition Facts

PROTEIN 16.22% FAT 34.97% CARBS 48.81%

Properties

Glycemic Index:37, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:19.246521980866%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 938.75kcal (46.94%), Fat: 36.31g (55.85%), Saturated Fat: 14.12g (88.24%), Carbohydrates: 114.03g (38.01%), Net Carbohydrates: 109.32g (39.75%), Sugar: 16.71g (18.57%), Cholesterol: 54.47mg (18.16%), Sodium: 2428.9mg (105.6%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 37.88g (75.76%), Calcium: 567.4mg (56.74%), Phosphorus: 458.1mg (45.81%), Iron: 7.3mg (40.55%), Selenium: 28.27µg (40.38%), Vitamin B2: 0.65mg (38.15%), Vitamin B12: 1.75µg (29.19%), Zinc: 3.19mg (21.24%), Vitamin B3: 4.2mg (21.01%), Copper: 0.4mg (19.82%), Vitamin B5: 1.98mg (19.8%), Fiber: 4.72g (18.87%), Vitamin E: 1.89mg (12.57%), Potassium: 438.1mg (12.52%), Vitamin K: 12.11µg (11.53%), Vitamin A: 512.88IU (10.26%), Vitamin B6: 0.18mg (9.13%), Magnesium: 35.22mg (8.8%), Manganese: 0.15mg (7.49%), Vitamin B1: 0.1mg (6.96%), Folate: 26.2µg (6.55%), Vitamin C: 2.95mg (3.58%), Vitamin D: 0.26µg (1.72%)