



Pepperoni Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornmeal red (such as Bob's Mill)
- ☐ 4 ounces cremini mushrooms thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 16 ounce pizza crust dough fresh gluten-free frozen thawed (such as Gillian's)
- ☐ 1.3 cups bottled pizza sauce gluten-free
- ☐ 2 ounces turkey pepperoni sliced

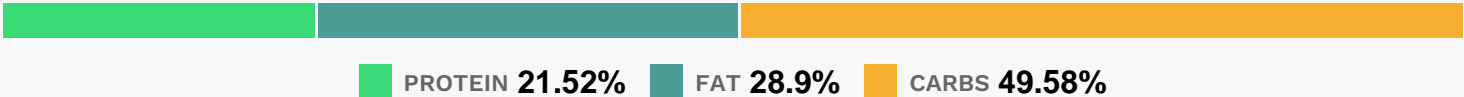
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place 1 oven rack in the middle position.
- ☐ Place another rack in the lowest position. Preheat oven to 500
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sliced mushrooms to pan, and saut 5 minutes or until moisture evaporates.
- ☐ Place dough on a rimless baking sheet sprinkled with 1 tablespoon cornmeal. Press dough into a 12-inch circle (about 1/4 inch thick). Crimp edges of dough with fingers to form a 1/2-inch border.
- ☐ Brush oil over dough.
- ☐ Bake on lowest oven rack at 500 for 8 minutes.
- ☐ Remove from oven.
- ☐ Spread Basic Pizza Sauce in an even layer over crust to the border. Top sauce with mushrooms.
- ☐ Sprinkle mushrooms evenly with mozzarella and Parmesan. Arrange pepperoni in an even layer on top of cheese.
- ☐ Bake on middle rack an additional 10 minutes or until crust is golden brown and cheese melts.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:8.4204347237297%

Nutrients (% of daily need)

Calories: 343.09kcal (17.15%), Fat: 11.08g (17.04%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 40.54g (14.74%), Sugar: 3.76g (4.18%), Cholesterol: 30.9mg (10.3%), Sodium: 1037.96mg (45.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Calcium: 323.74mg (32.37%), Phosphorus: 183.95mg (18.4%), Iron: 3.04mg (16.91%), Selenium: 9.8µg (14%), Vitamin B2: 0.22mg (13%), Zinc: 1.61mg (10.76%), Copper: 0.19mg (9.38%), Potassium: 319.53mg (9.13%), Fiber: 2.23g (8.91%), Vitamin A: 389.75IU (7.8%), Vitamin E: 1.03mg (6.85%), Vitamin B3: 1.33mg (6.67%), Magnesium: 22.78mg (5.69%), Vitamin B6: 0.11mg (5.27%), Manganese: 0.1mg (4.95%), Vitamin B5: 0.49mg (4.92%), Vitamin C: 3.81mg (4.62%), Vitamin B12: 0.27µg (4.52%), Folate: 13.24µg (3.31%), Vitamin B1: 0.04mg (2.78%), Vitamin K: 2.81µg (2.68%)