



Personal Portobello Pizza



Gluten Free



Popular

READY IN



40 min.

SERVINGS



1

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon olives black sliced
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup mozzarella cheese
- ☐ 4 slices pepperoni sausage
- ☐ 1 large portobello mushroom
- ☐ 1 tablespoon spaghetti sauce

Equipment

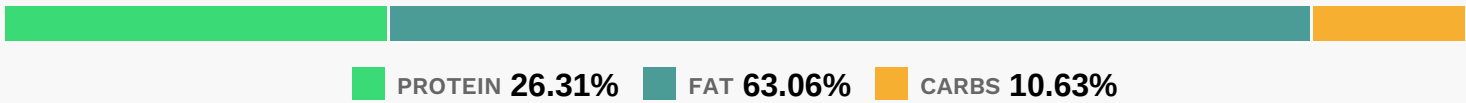
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Place the mushroom on a baking sheet, and bake for 5 minutes in the preheated oven.
- ☐ Remove from the oven, and spread spaghetti sauce in the cup of the cap. Top with cheese, olives, pepperoni and garlic.
- ☐ Bake for an additional 20 minutes, or until cheese is melted and golden.

Nutrition Facts



Properties

Glycemic Index:130, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:12.571304279825%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.67kcal (12.03%), Fat: 17.19g (26.44%), Saturated Fat: 8.92g (55.76%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5g (1.82%), Sugar: 3.26g (3.62%), Cholesterol: 52mg (17.33%), Sodium: 619.09mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.27%), Selenium: 28.02µg (40.02%), Phosphorus: 310.4mg (31.04%), Calcium: 296.45mg (29.64%), Vitamin B12: 1.42µg (23.71%), Vitamin B3: 4.41mg (22.06%), Vitamin B2: 0.3mg (17.74%), Zinc: 2.35mg (15.63%), Copper: 0.28mg (14.24%), Potassium: 428.5mg (12.24%), Vitamin B5: 1.2mg (11.96%), Vitamin B6: 0.23mg (11.36%), Manganese: 0.19mg (9.43%), Vitamin A: 459.5IU (9.19%), Folate: 29.4µg (7.35%), Vitamin B1: 0.1mg (6.57%), Fiber: 1.51g (6.05%), Iron: 0.83mg (4.6%), Magnesium: 16.08mg (4.02%), Vitamin D: 0.58µg (3.87%), Vitamin E: 0.58mg (3.84%), Vitamin C: 1.99mg (2.41%), Vitamin K: 2.28µg (2.17%)