



Pizza with Mushrooms and Leeks

 Vegetarian

READY IN



93 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons yeast dry
- ☐ 1.3 cups flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 cup leek thinly sliced (1)
- ☐ 1.5 teaspoons olive oil
- ☐ 4 ounces pre-shredded part-skim mozzarella cheese
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomato and basil pasta sauce
- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 2 teaspoons cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

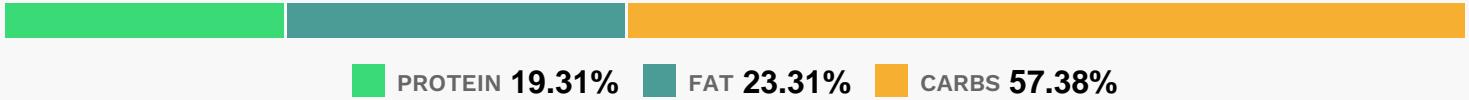
Directions

- ☐ Dissolve yeast in warm water in a medium bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and salt to yeast mixture; stir until mixture forms a soft dough.
- ☐ Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 5 minutes).
- ☐ Place dough in a medium bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 35 minutes or until doubled in size. (Press 2 fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
- ☐ Preheat oven to 45
- ☐ Roll dough into a 12-inch circle on a lightly floured surface.
- ☐ Place on a 12-inch pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal.
- ☐ Bake at 450 for 7 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.

- ☐
- Add mushrooms and leek; saut 6 minutes or until mushrooms are golden brown and leek is tender.

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Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:24.68, Inflammation Score:-7, Nutrition Score:15.59782602476%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 291.53kcal (14.58%), Fat: 7.56g (11.62%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 38.39g (13.96%), Sugar: 4.52g (5.02%), Cholesterol: 18.14mg (6.05%), Sodium: 448.2mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.16%), Vitamin B1: 0.52mg (34.41%), Selenium: 23.05µg (32.93%), Folate: 129.02µg (32.26%), Vitamin B2: 0.54mg (31.72%), Calcium: 255.37mg (25.54%), Vitamin B3: 4.81mg (24.05%), Phosphorus: 235.23mg (23.52%), Manganese: 0.44mg (21.99%), Iron: 3.03mg (16.85%), Vitamin A: 697.49IU (13.95%), Fiber: 3.45g (13.81%), Copper: 0.26mg (13.01%), Vitamin K: 13.12µg (12.49%), Vitamin B5: 1.12mg (11.19%), Potassium: 376.83mg (10.77%), Zinc: 1.48mg (9.88%), Vitamin B6: 0.16mg (8.19%), Magnesium: 28.48mg (7.12%), Vitamin C: 5.21mg (6.32%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.18µg (1.21%)