



Portabella and Brie Appetizer Pizza

READY IN



25 min.

SERVINGS



16

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces portabello mushrooms fresh
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup bell pepper green thinly sliced
- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 2 teaspoons marjoram dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces uncook pizza crust ready-to-serve thin (12 inches in diameter)
- ☐ 0.5 cup round of président brie sliced

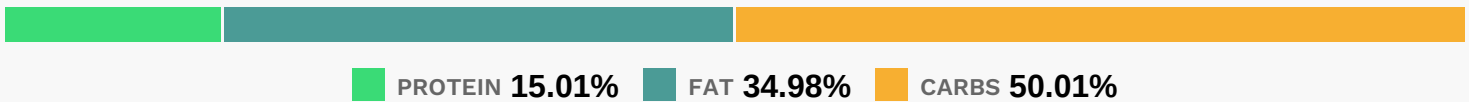
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°.
- ☐ Remove stems from mushrooms; thinly slice mushrooms.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook bell peppers in oil 2 minutes, stirring occasionally. Stir in mushrooms, marjoram and salt. Cook 1 to 2 minutes, stirring constantly, until mushrooms are just tender.
- ☐ Place pizza crust on ungreased cookie sheet.
- ☐ Spread mushroom mixture over crust. Top with cheese.
- ☐ Bake 8 to 10 minutes or until hot and cheese is melted.
- ☐ Cut into thin wedges to serve.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.3378261068593%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 75.38kcal (3.77%), Fat: 2.96g (4.56%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.94g (3.25%), Sugar: 0.86g (0.96%), Cholesterol: 4.5mg (1.5%), Sodium: 159.89mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 9.71mg (11.77%), Vitamin A: 190.66IU (3.81%), Selenium: 2.64µg (3.76%), Iron: 0.58mg (3.24%), Vitamin B3: 0.56mg (2.82%), Calcium: 25.77mg (2.58%), Vitamin B6: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.5%), Fiber: 0.59g (2.35%), Vitamin K: 2.32µg (2.21%),

Phosphorus: 22.12mg (2.21%), Folate: 8.54µg (2.14%), Potassium: 63.71mg (1.82%), Copper: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.08µg (1.33%), Zinc: 0.18mg (1.21%), Vitamin E: 0.17mg (1.16%), Manganese: 0.02mg (1.03%)