



Portobello-Mushroom and Red-Pepper Pizza

READY IN



45 min.

SERVINGS



3

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup lightly basil leaves packed chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 pound mozzarella cheese fresh salted cut into 1/4-inch cubes
- ☐ 6 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1 pound pizza dough homemade store-bought
- ☐ 1.5 pounds portabello mushrooms cut into 1/4-inch slices
- ☐ 2 bell peppers red cut into thin slices

☐ 1 teaspoon salt

Equipment

☐ frying pan

☐ baking sheet

☐ oven

☐ pizza pan

Directions

☐ Heat the oven to 45

☐ In a large frying pan, heat 3 tablespoons of the oil over moderately high heat.

☐ Put the peppers in the pan and cook, stirring occasionally, for 10 minutes.

☐ Add the mushrooms and the salt and cook, stirring occasionally, until the mushrooms are golden, about 10 minutes more.

☐ Meanwhile, oil a 14-inch pizza pan or large baking sheet. Press the pizza dough onto the pan in an approximately 14-inch round or 9-by-13-inch rectangle.

☐ Spread the peppers and mushrooms on the pizza crust.

☐ Bake for 12 minutes.

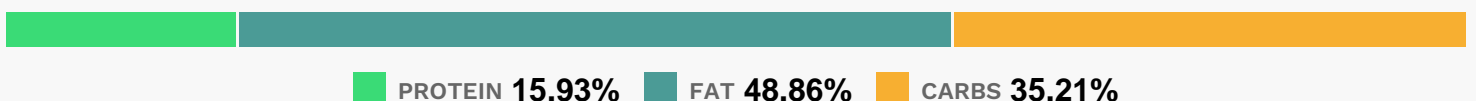
☐ Sprinkle on the garlic, black pepper, and basil. Top with the mozzarella and then with the Parmesan.

☐ Drizzle with the remaining 3 tablespoons oil.

☐ Bake until the cheese is bubbling and beginning to brown, about 10 to 15 minutes longer.

☐ Wine Recommendation: Most dolcetto comes from two major centers in Piedmont: Asti, which produces lighter and sharper wines, and Alba, whose wines are rounder and fuller. Try the Alba version with this pizza.

Nutrition Facts



Properties

Glycemic Index:72.67, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:38.655217564624%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 988.39kcal (49.42%), Fat: 54.98g (84.58%), Saturated Fat: 17.9g (111.85%), Carbohydrates: 89.13g (29.71%), Net Carbohydrates: 82.05g (29.84%), Sugar: 19.34g (21.49%), Cholesterol: 71.06mg (23.69%), Sodium: 2634.25mg (114.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.33g (80.66%), Vitamin C: 103.56mg (125.53%), Selenium: 59.32µg (84.74%), Vitamin A: 3442.82IU (68.86%), Phosphorus: 657.07mg (65.71%), Calcium: 609.01mg (60.9%), Vitamin B3: 11.17mg (55.85%), Vitamin K: 47.99µg (45.7%), Vitamin B2: 0.64mg (37.63%), Vitamin E: 5.56mg (37.09%), Copper: 0.71mg (35.53%), Vitamin B12: 2.04µg (33.95%), Iron: 6.02mg (33.43%), Vitamin B6: 0.66mg (32.83%), Potassium: 1098.1mg (31.37%), Vitamin B5: 3.05mg (30.52%), Fiber: 7.08g (28.33%), Zinc: 4.15mg (27.69%), Folate: 110.65µg (27.66%), Manganese: 0.41mg (20.68%), Vitamin B1: 0.21mg (14.27%), Magnesium: 36.87mg (9.22%), Vitamin D: 1.07µg (7.11%)