



Portobello Pizza

READY IN



22 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 2 tablespoons basil pesto
- 0.3 cup basil fresh chopped
- 6 ounces mozzarella fresh
- 0.5 large onion sliced
- 2 tablespoons parmesan shredded
- 0.5 teaspoon pepper
- 10 ounce pizza dough refrigerated
- 2 tablespoons yogurt plain

- 5 plum tomatoes chopped
- 2 large portabello mushrooms sliced
- 0.5 teaspoon salt
- 2 tablespoons cornmeal yellow

Equipment

- frying pan
- oven
- baking pan

Directions

- Saut first 4 ingredients in a large skillet coated with cooking spray over medium-high heat 5 minutes or until onion is tender.
- Add balsamic vinegar; cook 2 minutes or until liquid is evaporated. Set aside.
- Sprinkle cornmeal over baking pan; spread out pizza dough.
- Bake on bottom oven rack at 425 for 5 minutes.
- Stir together pesto and yogurt.
- Spread over pizza crust, leaving a 1-inch border.
- Sprinkle with mushroom mixture and fresh basil. Top with mozzarella cheese and tomatoes.
- Sprinkle with Parmesan cheese.
- Bake at 425 on bottom oven rack for 18 minutes or until edges are golden brown and cheese is melted.
- *1 (8-ounce) package sliced button mushrooms may be substituted for the portobello mushroom caps.
- **1 1/2 cups (6 ounces) shredded part-skim mozzarella cheese may be substituted for fresh mozzarella.

Nutrition Facts



PROTEIN 18.76% FAT 34.91% CARBS 46.33%

Properties

Glycemic Index:56.58, Glycemic Load:2.67, Inflammation Score:-6, Nutrition Score:8.6813043977903%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 267.15kcal (13.36%), Fat: 10.52g (16.18%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 29.05g (10.56%), Sugar: 6.95g (7.72%), Cholesterol: 24.06mg (8.02%), Sodium: 798.16mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.43%), Calcium: 196.65mg (19.66%), Phosphorus: 177.49mg (17.75%), Vitamin A: 790.22IU (15.8%), Selenium: 10.92µg (15.6%), Vitamin B12: 0.72µg (12.02%), Iron: 1.87mg (10.39%), Vitamin C: 8.24mg (9.99%), Fiber: 2.36g (9.43%), Vitamin B2: 0.16mg (9.12%), Vitamin K: 9.25µg (8.81%), Zinc: 1.31mg (8.75%), Potassium: 301.62mg (8.62%), Vitamin B3: 1.72mg (8.58%), Manganese: 0.16mg (8.08%), Copper: 0.14mg (6.75%), Vitamin B6: 0.14mg (6.75%), Folate: 22.71µg (5.68%), Vitamin B5: 0.5mg (4.95%), Magnesium: 19.42mg (4.85%), Vitamin B1: 0.06mg (4.28%), Vitamin E: 0.37mg (2.44%), Vitamin D: 0.21µg (1.37%)