



Roasted Mushroom and Shallot Pizza

READY IN



13 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounce lorraine cheese reduced-fat (such as Saputo)
- 8 ounce chive-and-onion cream cheese light
- 2 tablespoons oregano leaves fresh
- 10 ounce cheese-flavored pizza crust thin (such as Boboli)
- 2 cups roasted mushrooms and shallots

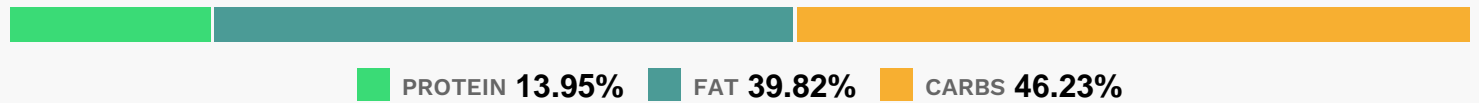
Equipment

- oven

Directions

- Preheat oven to 450
- Spread cream cheese over pizza crust. Top with Roasted Mushrooms and Shallots and cheese slices.
- Bake pizza directly on oven rack at 450 for 8 minutes or until crust is golden and cheese melts.
- Sprinkle with oregano, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:8.1234782182652%

Nutrients (% of daily need)

Calories: 341.63kcal (17.08%), Fat: 15.31g (23.55%), Saturated Fat: 9.1g (56.87%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 36.05g (13.11%), Sugar: 8.21g (9.12%), Cholesterol: 37.61mg (12.54%), Sodium: 528.53mg (22.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Calcium: 244.32mg (24.43%), Iron: 2.87mg (15.93%), Fiber: 3.95g (15.78%), Manganese: 0.31mg (15.74%), Vitamin B6: 0.3mg (14.96%), Phosphorus: 114.7mg (11.47%), Vitamin K: 11.33µg (10.79%), Vitamin A: 532.63IU (10.65%), Potassium: 295.32mg (8.44%), Folate: 33.74µg (8.44%), Vitamin C: 6.35mg (7.69%), Selenium: 5.03µg (7.19%), Magnesium: 24.89mg (6.22%), Zinc: 0.88mg (5.87%), Vitamin B2: 0.09mg (5.12%), Copper: 0.08mg (4.23%), Vitamin B1: 0.05mg (3.63%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.15µg (2.5%), Vitamin B3: 0.24mg (1.21%)