



WHATSheATE



Salami and Mushroom Pizza

READY IN



81 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 2 cups part-skim mozzarella cheese shredded
- ☐ 8 ounce pizza dough
- ☐ 0.5 cup tomato sauce
- ☐ 2 ounces genoa salami thinly sliced

Equipment

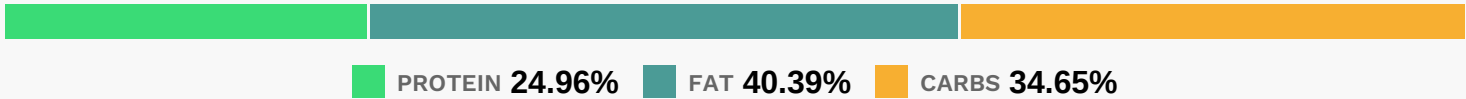
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Place Pizza Dough on a large sheet of parchment paper. Cover with a damp towel; let rise in a warm place (85), free from drafts, 45 minutes.
- ☐ Preheat oven to 50
- ☐ While dough rises, heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add mushrooms; cook 6 minutes or until tender, stirring frequently.
- ☐ Roll dough into a 12-inch circle on parchment paper. Crimp edges of dough with fingers to form a rim. Slide dough and parchment paper onto a large baking sheet.
- ☐ Place on bottom rack in oven.
- ☐ Bake at 500 for 5 minutes.
- ☐ Spoon Pizza Sauce onto crust, spreading to rim. Top with salami, cheese, and mushrooms.
- ☐ Bake an additional 10 minutes or until crust is golden and cheese melts.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Cut into wedges.
- ☐ Note: If using refrigerated Pizza Dough, let dough rise as directed in step 1 for 1 hour. Proceed as directed in recipe.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:8.484782571378%

Nutrients (% of daily need)

Calories: 245.38kcal (12.27%), Fat: 11.16g (17.17%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 20.28g (7.37%), Sugar: 4.24g (4.71%), Cholesterol: 31.36mg (10.45%), Sodium: 816.63mg (35.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.03%), Calcium: 297.17mg (29.72%), Phosphorus: 232.51mg (23.25%), Vitamin B2: 0.31mg (18.21%), Selenium: 11.41µg (16.31%), Zinc: 1.67mg (11.13%), Vitamin B3: 2.14mg (10.68%), Vitamin B12: 0.59µg (9.76%), Iron: 1.61mg (8.97%), Vitamin B1: 0.13mg (8.67%), Copper: 0.17mg (8.41%), Vitamin B5: 0.76mg (7.59%), Potassium: 247.93mg (7.08%), Vitamin B6: 0.14mg (6.87%), Vitamin A: 267.98IU (5.36%), Fiber: 1.25g (5%), Magnesium: 17.13mg (4.28%), Vitamin E: 0.45mg (2.97%), Folate: 11.81µg (2.95%), Vitamin C: 2.22mg (2.69%), Manganese: 0.05mg (2.5%), Vitamin K: 1.57µg (1.5%), Vitamin D: 0.19µg (1.25%)