



 **66%**
HEALTH SCORE

Shiitake and Chanterelle Pizzas with Goat Cheese

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons yeast dry
- 3 tablespoons vital wheat gluten
- 6 ounces chanterelles fresh thinly sliced
- 1.5 teaspoons kosher salt
- 2 tablespoons chives fresh sliced
- 6 ounces mushroom caps fresh stemmed thinly sliced
- 6 ounces goat cheese fresh chilled crumbled soft

- 3 tablespoons olive oil extra virgin extra-virgin for brushing
- 3.5 tablespoons olive oil extra virgin extra-virgin divided
- 0.7 cup parmesan cheese freshly grated
- 1 cup whole-milk mozzarella packed grated ()
- 1 teaspoon sugar
- 2 servings unbleached all purpose flour (for kneading and shaping)
- 1 cup water (105°F to 115°F)

Equipment

- frying pan
- baking sheet
- oven
- ziploc bags
- measuring cup

Directions

- Combine all flours, coarse salt, and sugar in processor. Stir 1 cup plus 2 tablespoons warm water and yeast in 2-cup measuring cup.
- Let stand until yeast dissolves, about 5 minutes. Stir in 3 tablespoons oil. With machine running, pour yeast-oil mixture through feed tube. Blend until ball of slightly sticky dough forms, about 1 minute.
- Transfer dough to lightly floured surface; knead until smooth and elastic, adding more flour if very sticky, about 5 minutes. Rub with 1/2 tablespoon oil; place in resealable 1-gallon plastic bag. Seal bag.
- Let dough rise at room temperature until doubled, about 2 hours. Open bag; punch down dough in bag. Reseal. Chill overnight, punching down occasionally. Divide into thirds. DO AHEAD Wrap pieces separately; freeze up to 1 week. Thaw 2 pieces in refrigerator before continuing.
- Let 2 wrapped pieces stand at room temperature 1 hour before shaping.
- Heat 3 tablespoons oil in large skillet over medium-high heat.

- Add mushrooms; sprinkle with salt. Sauté until tender, about 5 minutes. do ahead Can be made 1 day ahead. Cool, cover, and chill.
- Sprinkle 2 large sheets of parchment with flour.
- Roll out 2 dough pieces, each on separate parchment sheet, to 10-inch rounds, letting dough rest a few minutes if springing back.
- Brush with oil; sprinkle each with 1/2 cup mozzarella and 1/3 cup Parmesan. Top with mushrooms, then dot with goat cheese. DO AHEAD Slide pizzas on parchment onto baking sheets; cover with plastic. Chill up to 4 hours.
- Let stand at room temperature 30 minutes.
- Position 1 rack in bottom third and 1 rack in top third of oven; place heavy baking sheet on each and preheat oven to 450°F for at least 30 minutes. Slide 1 pizza on parchment onto each hot baking sheet.
- Bake 8 minutes; reverse sheets.
- Bake pizzas until crusts are brown at edges and on bottom, about 10 minutes.
- Sprinkle with chives.

Nutrition Facts

PROTEIN 23.37% **FAT 67.19%** **CARBS 9.44%**

Properties

Glycemic Index:73.55, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:37.989565517591%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 977.75kcal (48.89%), Fat: 74.09g (113.99%), Saturated Fat: 23.91g (149.42%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 16.24g (5.91%), Sugar: 6.68g (7.42%), Cholesterol: 78.29mg (26.1%), Sodium: 3087.59mg (134.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.99g (115.98%), Calcium: 999.04mg (99.9%), Phosphorus: 996.21mg (99.62%), Vitamin B2: 1.08mg (63.36%), Copper: 1.14mg (56.87%), Selenium: 37.37µg (53.39%), Vitamin E: 6.96mg (46.42%), Zinc: 6.26mg (41.74%), Vitamin B3: 8.25mg (41.24%), Vitamin D: 5.35µg (35.7%), Iron: 6.36mg (35.33%), Vitamin K: 36.79µg (35.04%), Vitamin B5: 3.21mg (32.06%), Vitamin A:

1569.26IU (31.39%), Vitamin B6: 0.61mg (30.55%), Manganese: 0.58mg (29.11%), Fiber: 7.19g (28.74%), Potassium: 878.82mg (25.11%), Vitamin B1: 0.37mg (24.81%), Folate: 90.19µg (22.55%), Magnesium: 79.33mg (19.83%), Vitamin B12: 1.13µg (18.88%), Vitamin C: 1.75mg (2.12%)