



Shiitake Mushroom and Gorgonzola Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups button mushrooms thinly sliced
- ☐ 1 tablespoon cornmeal
- ☐ 3 ounces gorgonzola blue crumbled
- ☐ 3 tablespoons cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.5 recipe pizza dough
- ☐ 1 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt

☐ 1.3 cups mushroom caps thinly sliced

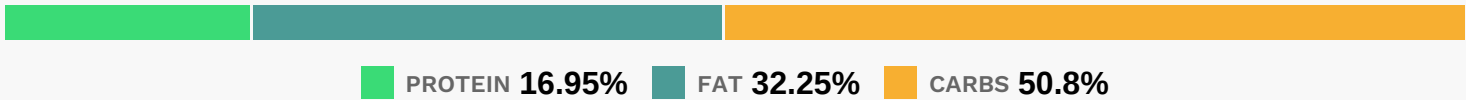
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 45
- ☐ Roll the dough into a 12-inch circle on a lightly floured surface.
- ☐ Place the dough on a 12-inch pizza pan or a baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp the edges of the dough with your fingers to form a rim.
- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms and onion; saut for 5 minutes. Cover, reduce heat to medium-low, and cook for 3 minutes or until the onion is very tender. Stir in the salt and pepper.
- ☐ Spread the sour cream over pizza crust, leaving a 1-inch border. Top with mushroom mixture; sprinkle with cheese.
- ☐ Bake at 450 for 15 minutes or until lightly browned.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:11.196521676105%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 275.66kcal (13.78%), Fat: 10.25g (15.77%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 32.43g (11.79%), Sugar: 7.4g (8.22%), Cholesterol: 19.1mg (6.37%), Sodium: 688.33mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin B2: 0.41mg (24.32%), Vitamin B3: 4.55mg (22.76%), Phosphorus: 221.33mg (22.13%), Vitamin B5: 2.1mg (21.01%), Vitamin B6: 0.36mg (17.91%), Selenium: 11.36µg (16.22%), Fiber: 3.91g (15.63%), Potassium: 484.31mg (13.84%), Calcium: 137.22mg (13.72%), Manganese: 0.27mg (13.39%), Copper: 0.25mg (12.7%), Zinc: 1.72mg (11.47%), Iron: 2.05mg (11.4%), Folate: 33.02µg (8.25%), Magnesium: 30.88mg (7.72%), Vitamin B12: 0.31µg (5.19%), Vitamin B1: 0.08mg (5.08%), Vitamin C: 3.8mg (4.6%), Vitamin A: 192.89IU (3.86%), Vitamin D: 0.5µg (3.32%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.42µg (1.36%)