



Shiitake with Walnut Purée Pizza

 Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



1500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper black generous freshly ground
- ☐ 10 rosemary leaves fresh
- ☐ 2 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 1 cup onion white spanish thick sliced ()
- ☐ 1 ball pizza dough
- ☐ 2 servings bette hagan's pizza/french bread flour mix
- ☐ 0.5 teaspoon sea salt fine
- ☐ 90 grams mushroom caps thinly sliced (9 medium)

- ☐ 100 grams walnuts (scant)
- ☐ 1.3 cups walnuts
- ☐ 50 grams water as needed plus more (scant)

Equipment




- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler
- ☐ pizza stone

Directions

- ☐ Walnut Purée: Separate the onion slices into strips with your fingers and place them in a saucepan. Cover and cook over very low heat, stirring every 15 minutes or so, for 45 minutes to 1 hour, until very soft. Uncover and set aside to cool.
- ☐ Combine the onion, walnuts, and water in a blender or food processor and pulse until you have an almost smooth purée, something like the texture of oatmeal. There should still be a touch of the walnut bits remaining but the purée should be easily spreadable. If it is not, add a little water and continue blending until it is.
- ☐ Place the pizza stone in a gas oven on a rack about 8 inches from the broiler. Preheat the oven on bake at 500°F for 30 minutes. Switch to broil for 10 minutes.
- ☐ Spoon the walnut purée over the dough and spread it evenly, leaving about an inch of the rim untouched. Distribute the mushroom slices over the purée, all the way out to the edge.
- ☐ Sprinkle with the rosemary, pepper, and salt.
- ☐ With quick, jerking motions, slide the pie onto the stone. Broil for 3 1/2 minutes under gas (somewhat longer with an electric oven), until the crust is nicely charred. The mushrooms should be dark and thoroughly cooked but not burnt.
- ☐ Using the peel, transfer the pizza to a tray or serving platter, drizzle it with oil, slice into wedges, and serve.

Nutrition Facts



 **PROTEIN 9.3%**  **FAT 59.47%**  **CARBS 31.23%**

Properties

Glycemic Index:65.5, Glycemic Load:4.07, Inflammation Score:-9, Nutrition Score:31.342608866484%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 1499.59kcal (74.98%), Fat: 104.18g (160.28%), Saturated Fat: 11.49g (71.79%), Carbohydrates: 123.09g (41.03%), Net Carbohydrates: 108.36g (39.4%), Sugar: 19.95g (22.17%), Cholesterol: 0mg (0%), Sodium: 2015.1mg (87.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Manganese: 4.63mg (231.62%), Copper: 2.15mg (107.52%), Fiber: 14.73g (58.92%), Magnesium: 224.14mg (56.04%), Iron: 10mg (55.54%), Phosphorus: 519.86mg (51.99%), Vitamin B6: 0.93mg (46.61%), Folate: 151.95µg (37.99%), Vitamin B1: 0.48mg (32.13%), Zinc: 4.61mg (30.71%), Potassium: 852.4mg (24.35%), Vitamin E: 2.93mg (19.52%), Vitamin B2: 0.32mg (18.76%), Vitamin B3: 3.32mg (16.59%), Calcium: 162.06mg (16.21%), Vitamin B5: 1.54mg (15.44%), Selenium: 9.24µg (13.2%), Vitamin K: 12.29µg (11.7%), Vitamin C: 8.67mg (10.51%), Vitamin A: 173.67IU (3.47%), Vitamin D: 0.18µg (1.2%)