



## Sunny's Avenue J Pizza

READY IN



70 min.

SERVINGS



6

CALORIES



1666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounces buffalo mozzarella cheese fresh
- 1.5 cups tomatoes whole with basil canned
- 0.5 ounce dehydrated porcini mushrooms
- 8 flour
- 2 cups basil leaves fresh
- 4 cloves garlic roughly chopped
- 0.5 cup aged mozzarella shredded
- 0.3 cup olive oil extra-virgin for preparing pan and garnishing
- 0.3 cup parmigiano-reggiano shredded

- 18 pepperoni thick
- 6 servings salt and pepper black freshly ground
- 1 cup water
- 0.3 cup citrus champagne vinegar

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 450 degrees F. In a small saucepan, bring 1 cup water and white wine vinegar to a simmer.
- Remove from heat and add mushrooms. Cover and let mushrooms sit, 15 minutes. Strain.
- Slice bread horizontally to create 2 pizzas. Lightly oil a baking sheet and place pizzas crust side up.
- Brush top with 1/4 cup oil. In a bowl, squeeze tomatoes to break up slightly.
- Place on pizza halves. Pull pieces of Buffalo mozzarella from the ball and place on halves. Top with porcini mushrooms, shredded mozzarella, garlic and pepperoni.
- Bake until cheese has melted and crust is crispy, about 25 minutes.
- Remove from oven, drizzle with oil, sprinkle on Parmesan and spread with cut basil.
- Sprinkle with salt and pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:99.2, Inflammation Score:-7, Nutrition Score:15.080434731815%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## **Nutrients (% of daily need)**

Calories: 1666.08kcal (83.3%), Fat: 49.23g (75.73%), Saturated Fat: 9.41g (58.81%), Carbohydrates: 256g (85.33%), Net Carbohydrates: 246.34g (89.58%), Sugar: 10.59g (11.77%), Cholesterol: 45.7mg (15.23%), Sodium: 3327.61mg (144.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.51g (113.02%), Calcium: 995.93mg (99.59%), Vitamin K: 41.21µg (39.25%), Fiber: 9.65g (38.61%), Vitamin A: 1714.49IU (34.29%), Manganese: 0.26mg (12.81%), Vitamin E: 1.86mg (12.42%), Copper: 0.22mg (10.86%), Phosphorus: 107.92mg (10.79%), Vitamin C: 7.78mg (9.43%), Selenium: 6.04µg (8.63%), Vitamin B6: 0.16mg (7.86%), Vitamin B2: 0.13mg (7.75%), Iron: 1.33mg (7.4%), Vitamin B5: 0.73mg (7.27%), Potassium: 239.55mg (6.84%), Zinc: 0.93mg (6.22%), Vitamin B12: 0.36µg (5.96%), Vitamin B3: 1.17mg (5.86%), Magnesium: 21.69mg (5.42%), Vitamin B1: 0.06mg (4.14%), Folate: 15.51µg (3.88%), Vitamin D: 0.24µg (1.57%)