



 1%
HEALTH SCORE

Three-Cheese Pizza with Pancetta and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces crimini mushrooms thinly sliced (baby bella)
- 1 cup fontina grated
- 0.5 cup tomatoes
- 0.3 cup mozzarella cheese grated
- 2 ounces pancetta italian thinly sliced coarsely chopped (bacon)
- 0.5 cup parmesan cheese finely grated
- 6 servings pizza dough

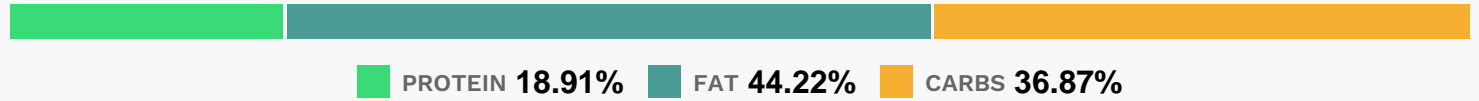
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 475°F. Line 2 large baking sheets with parchment. Divide dough in half.
- Roll out 1 half on lightly floured surface to 13 1/2 x 8 1/2-inch rectangle.
- Transfer to 1 baking sheet. Repeat with second half.
- Spread 1/4 cup marinara sauce over each pizza, leaving 1/2-inch border.
- Sprinkle cheeses over, then mushrooms and pancetta.
- Sprinkle with salt and generous amount of pepper.
- Bake pizzas until brown on bottom and cheese is melted, about 15 minutes.
- Cut each pizza crosswise into rectangles.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:6.6282608249913%

Nutrients (% of daily need)

Calories: 325.93kcal (16.3%), Fat: 16.15g (24.85%), Saturated Fat: 8.04g (50.24%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 29.09g (10.58%), Sugar: 4.83g (5.37%), Cholesterol: 43.92mg (14.64%), Sodium: 932.86mg (40.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Calcium: 231.12mg (23.11%), Phosphorus: 181.44mg (18.14%), Selenium: 11.64µg (16.63%), Vitamin B12: 0.68µg (11.34%), Iron: 1.93mg (10.71%), Zinc: 1.57mg (10.49%), Vitamin B2: 0.16mg (9.32%), Vitamin A: 406.91IU (8.14%), Vitamin B3: 0.99mg (4.94%), Fiber: 1.22g (4.87%), Potassium: 155.83mg (4.45%), Copper: 0.08mg (4.21%), Vitamin B6: 0.08mg (4.14%), Vitamin B5: 0.39mg (3.88%), Vitamin B1: 0.05mg (3.25%), Magnesium: 12.29mg (3.07%), Vitamin E: 0.45mg (3%), Manganese: 0.05mg (2.42%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.25µg (1.64%), Folate: 6.46µg (1.61%), Vitamin K: 1.43µg (1.36%)