



Turkey Portobello Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce basil pesto
- 6 ounces mozzarella cheese fresh sliced
- 2 cloves garlic minced
- 1 pound pd of ground turkey
- 3 tablespoons olive oil extra-virgin
- 2 ounces parmesan cheese grated
- 4 large portobello mushroom caps
- 1 small onion diced red

- 2 roma tomatoes diced (plum)
- 4 servings salt to taste

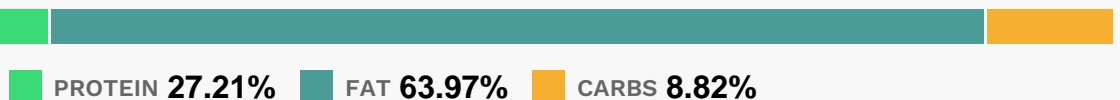
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Lightly grease a baking sheet.
- Coat portobello mushrooms with about 1/4 cup olive oil on both sides; arrange mushrooms gill-side up on a baking sheet.
- Heat 3 tablespoons olive oil in a large skillet over high heat. Cook and stir onion and garlic in hot oil until onion begins to turn translucent, 3 to 5 minutes.
- Stir turkey into onion mixture and reduce heat to medium-high; season with salt. Continue cooking and stirring until turkey is no longer pink, 5 to 7 minutes.
- Drain turkey, reserving about 1 tablespoon grease in the skillet.
- Stir tomatoes and pesto sauce into the turkey; simmer, stirring occasionally, until the sauce is heated through, 5 to 7 minutes.
- Place a slice of mozzarella cheese in the center of each mushroom cap and sprinkle evenly with Parmesan cheese.
- Divide turkey pesto sauce evenly over the mushroom caps.
- Bake in the preheated oven until cheese has melted, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:26.244347966236%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 663.79kcal (33.19%), Fat: 47.55g (73.16%), Saturated Fat: 13.49g (84.32%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 11.88g (4.32%), Sugar: 6.36g (7.07%), Cholesterol: 112.83mg (37.61%), Sodium: 1307.12mg (56.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.52g (91.03%), Selenium: 53.23µg (76.04%), Vitamin B3: 15.07mg (75.33%), Phosphorus: 606.25mg (60.62%), Vitamin B6: 1.2mg (59.99%), Calcium: 449.62mg (44.96%), Vitamin A: 1840.39IU (36.81%), Vitamin B12: 1.78µg (29.69%), Zinc: 4.41mg (29.43%), Vitamin B2: 0.41mg (24.26%), Potassium: 818.46mg (23.38%), Vitamin B5: 2.13mg (21.32%), Copper: 0.35mg (17.5%), Magnesium: 52.89mg (13.22%), Vitamin E: 1.94mg (12.9%), Folate: 46.34µg (11.58%), Fiber: 2.87g (11.48%), Vitamin B1: 0.16mg (10.9%), Iron: 1.94mg (10.78%), Vitamin K: 10.12µg (9.64%), Manganese: 0.19mg (9.3%), Vitamin C: 6.75mg (8.18%), Vitamin D: 0.95µg (6.31%)