



## White Pizza with Mushrooms

READY IN



42 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 2 Tbsp cornmeal
- 1 Tbsp rosemary fresh chopped
- 0.3 tsp garlic powder
- 8 oz italian\* five cheese shredded with a touch of philadelphia kraft
- 1 Tbsp milk
- 1 Tbsp olive oil
- 1 small onion red cut into 1/2-inch-thick wedges
- 1 lb pizza dough refrigerated

- 6 oz mushroom caps sliced
- 1 Tbsp sugar

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 450F.
- Heat oil in medium skillet on medium-low heat.
- Add onions and sugar; cook 10 to 12 min. or until onions are caramelized, stirring occasionally.
- Add mushrooms; cook and stir 5 min.
- Spray baking sheet with cooking spray; sprinkle with cornmeal. Pat pizza dough into 13x9-inch rectangle on prepared baking sheet.
- Bake 5 min. Meanwhile, mix cream cheese spread, milk and garlic powder until blended.
- Spread pizza crust with cream cheese mixture; top with mushroom mixture, rosemary and shredded cheese.
- Bake 10 to 12 min. or until crust is golden brown and shredded cheese is melted.

## Nutrition Facts



**PROTEIN 16.62%** **FAT 39.42%** **CARBS 43.96%**

## Properties

Glycemic Index:30.07, Glycemic Load:2.75, Inflammation Score:-2, Nutrition Score:3.1195652219264%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 310.96kcal (15.55%), Fat: 14.01g (21.56%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 33.27g (12.1%), Sugar: 6.67g (7.41%), Cholesterol: 14.69mg (4.9%), Sodium: 533.07mg (23.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Iron: 1.75mg (9.73%), Calcium: 80.55mg (8.06%), Fiber: 1.89g (7.56%), Vitamin B6: 0.1mg (4.85%), Vitamin B3: 0.91mg (4.53%), Manganese: 0.09mg (4.29%), Vitamin B5: 0.36mg (3.6%), Phosphorus: 35.86mg (3.59%), Vitamin B2: 0.06mg (3.27%), Vitamin A: 144.31IU (2.89%), Potassium: 98.2mg (2.81%), Zinc: 0.33mg (2.22%), Magnesium: 8.8mg (2.2%), Selenium: 1.5µg (2.14%), Copper: 0.04mg (2.14%), Vitamin E: 0.27mg (1.77%), Folate: 6.5µg (1.63%), Vitamin C: 1.07mg (1.29%), Vitamin B1: 0.02mg (1.24%), Vitamin K: 1.12µg (1.07%)