



White Pizza with Mushrooms

 Vegetarian

READY IN



92 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornmeal
- ☐ 3.3 cups flour divided
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.5 cup philadelphia savory garlic cooking creme
- ☐ 8 ounce italian* five cheese shredded with a touch of philadelphia kraft
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion red cut into 1/2-inch-wide wedges
- ☐ 6 ounces mushroom caps sliced

- ☐ 1 tablespoon sugar
- ☐ 1 cup warm water 105 degrees to 115 degrees F
- ☐ 0.3 ounce yeast

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Add warm water to combined yeast and sugar in large bowl; stir.
- ☐ Let stand 5 min. Stir in 3 cups flour and 3 Tbsp. oil until mixture is well blended and forms soft dough.
- ☐ Place on work surface sprinkled with remaining flour. Knead dough until smooth and elastic; shape into ball.
- ☐ Place in separate large bowl brushed with 1 Tbsp. oil; turn dough over. Cover with plastic wrap.
- ☐ Let rise in warm place 1 hour or until doubled in volume.
- ☐ Meanwhile, cook onions and sugar in remaining oil in medium skillet on medium-low heat 10 to 12 min. or until onions are caramelized, stirring occasionally.
- ☐ Add mushrooms; cook 5 min., stirring occasionally.
- ☐ Heat oven to 450 degrees F. Spray baking sheet with cooking spray; sprinkle with cornmeal. Pat dough into 13x9-inch rectangle on prepared baking sheet.
- ☐ Bake 5 min.
- ☐ Spread with cooking creme; top with vegetable mixture, rosemary and shredded cheese.
- ☐ Bake 10 to 12 min. or until crust is golden brown and cheese is melted.

Nutrition Facts



 **PROTEIN 16.6%**  **FAT 25.75%**  **CARBS 57.65%**

Properties

Glycemic Index:37.82, Glycemic Load:31.54, Inflammation Score:-5, Nutrition Score:11.42130426196%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 335.29kcal (16.76%), Fat: 9.73g (14.97%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 46.19g (16.8%), Sugar: 2.85g (3.16%), Cholesterol: 5.67mg (1.89%), Sodium: 60.93mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.23%), Vitamin B1: 0.53mg (35.35%), Folate: 120.41µg (30.1%), Manganese: 0.58mg (28.82%), Selenium: 19.93µg (28.47%), Vitamin B3: 4.32mg (21.59%), Vitamin B2: 0.35mg (20.5%), Iron: 2.74mg (15.21%), Vitamin B6: 0.24mg (11.77%), Fiber: 2.82g (11.29%), Phosphorus: 107.08mg (10.71%), Calcium: 85.42mg (8.54%), Copper: 0.15mg (7.48%), Vitamin B5: 0.75mg (7.45%), Zinc: 0.85mg (5.66%), Magnesium: 22.6mg (5.65%), Potassium: 191.36mg (5.47%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.41µg (1.35%)