



Wild Mushroom Appetizer Pizza

READY IN



35 min.

SERVINGS



48

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 4 oz fontina shredded
- 1 lb mushrooms wild fresh assorted cut into 1/4-inch-thick slices (shiitake, oyster, crimini)
- 1 teaspoon olive oil
- 13.8 oz pizza dough refrigerated pillsbury® canned
- 4 oz mozzarella cheese shredded
- 1 teaspoon thyme leaves dried crushed

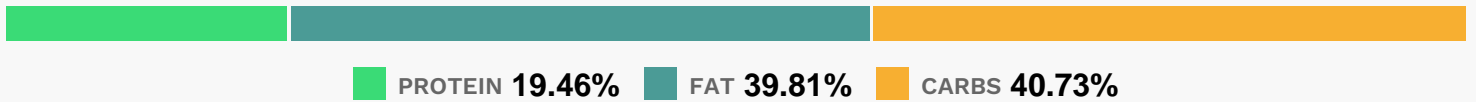
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400°F.
- Brush large cookie sheet with oil. Unroll dough; place on oiled cookie sheet. Starting at center, press out dough into 15x10-inch rectangle.
- Bake 8 to 10 minutes or until crust is very light brown.
- Meanwhile, in 12-inch skillet, heat butter over medium-high heat until melted.
- Add mushrooms; cook about 6 minutes, stirring frequently, until well browned; drain. Stir in thyme, salt and pepper.
- Spread cream cheese evenly over crust.
- Sprinkle fontina cheese over cream cheese.
- Spread cooked mushrooms over cheese.
- Sprinkle mozzarella cheese over mushrooms.
- Bake 10 to 12 minutes longer or until cheese is melted and crust is golden brown. Cool 5 minutes.
- Cut into 8 rows by 6 rows.
- Sprinkle with thyme leaves.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.1304347748342%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 41.28kcal (2.06%), Fat: 1.87g (2.87%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.75g (0.84%), Cholesterol: 4.61mg (1.54%), Sodium: 95.87mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin B2: 0.05mg (2.93%), Calcium: 25.46mg (2.55%), Phosphorus: 24.78mg (2.48%), Selenium: 1.62µg (2.32%), Vitamin B3: 0.35mg (1.74%), Vitamin B12: 0.1µg (1.63%), Iron: 0.29mg (1.62%), Copper: 0.03mg (1.56%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.2mg (1.34%)