



Wild Mushroom Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 6 cups mushrooms wild fresh assorted sliced (such as morel, oyster and shiitake)
- ☐ 0.5 cup onion chopped
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 10 ounces uncook pizza crust ready-to-serve thin
- ☐ 0.5 cup parmesan shredded finely

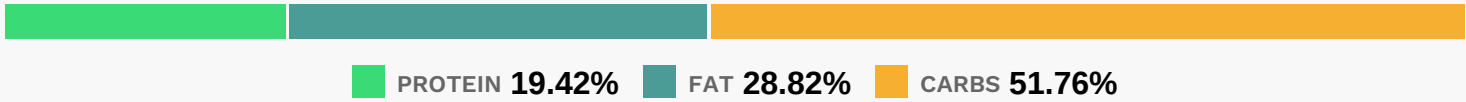
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ Heat oil in 12-inch nonstick skillet over high heat. Cook mushrooms, onion and garlic in oil about 5 minutes, stirring frequently, until onion is crisp-tender. Stir in parsley.
- ☐ Spoon mushroom mixture over pizza crust.
- ☐ Sprinkle with cheese.
- ☐ Bake 8 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:9.5069564114446%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 209.99kcal (10.5%), Fat: 6.92g (10.65%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 26g (9.45%), Sugar: 3.27g (3.63%), Cholesterol: 5.67mg (1.89%), Sodium: 390.31mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.98%), Vitamin K: 26.25µg (25%), Vitamin B2: 0.42mg (24.68%), Vitamin B3: 3.53mg (17.64%), Copper: 0.32mg (15.91%), Selenium: 11.01µg (15.73%), Calcium: 151.21mg (15.12%), Vitamin B5: 1.5mg (15.03%), Phosphorus: 146.56mg (14.66%), Iron: 1.96mg (10.9%), Potassium: 343.81mg (9.82%), Fiber: 1.97g (7.86%), Vitamin B6: 0.14mg (6.85%), Vitamin C: 5.09mg (6.17%), Vitamin B1: 0.09mg (6.02%), Folate: 21.49µg (5.37%), Zinc: 0.78mg (5.18%), Manganese: 0.08mg (4.14%), Magnesium: 14.56mg (3.64%), Vitamin A: 177.76IU (3.56%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.23µg (1.56%), Vitamin E: 0.23mg (1.51%)