



WHATSheATE



## Wild Mushroom Pizza with Truffle Oil

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons cornmeal
- ☐ 4 ounces crimini mushrooms sliced
- ☐ 1.5 cups flour all-purpose divided
- ☐ 0.7 cup fontina shredded divided
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan fresh grated
- ☐ 4 ounces portabello mushrooms ()
- ☐ 0.3 teaspoon sea salt

- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounces mushroom caps thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon truffle oil
- ☐ 0.5 cup water (100° to 110°)
- ☐ 2.3 teaspoons yeast

## Equipment

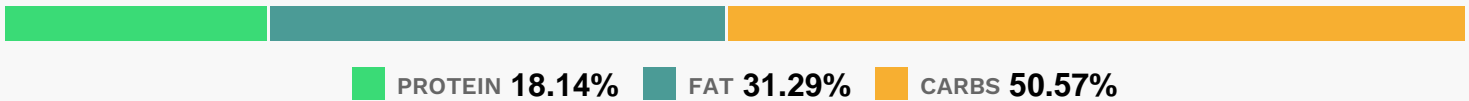
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ measuring cup
- ☐ cutting board

## Directions

- ☐ Dissolve the sugar and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 1/4 cups flour and 1/4 teaspoon salt to yeast mixture, and stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let stand 5 minutes. Line a baking sheet with parchment paper; sprinkle with cornmeal.
- ☐ Roll dough into a 12-inch circle on a floured surface.
- ☐ Place dough on prepared baking sheet. Crimp edges of dough with fingers to form a rim; let rise 10 minutes.

- ☐ Preheat oven to 47
- ☐ While dough rises, heat 2 teaspoons olive oil in a large nonstick skillet over medium heat.
- ☐ Add 1/4 teaspoon salt and mushrooms, and cook 7 minutes or until mushrooms soften and moisture almost evaporates, stirring frequently.
- ☐ Sprinkle 1/4 cup fontina evenly over dough, and arrange the mushroom mixture evenly over fontina.
- ☐ Sprinkle with thyme; drizzle evenly with truffle oil.
- ☐ Sprinkle remaining fontina and Parmesan cheese evenly over top.
- ☐ Bake at 475 for 15 minutes or until crust is lightly browned.
- ☐ Remove to cutting board, and sprinkle with sea salt.
- ☐ Cut into 8 slices.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:86.15, Glycemic Load:27.59, Inflammation Score:-9, Nutrition Score:17.664347804111%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

## Nutrients (% of daily need)

Calories: 339.3kcal (16.97%), Fat: 11.89g (18.3%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 40.03g (14.56%), Sugar: 3.4g (3.78%), Cholesterol: 29.77mg (9.92%), Sodium: 722.46mg (31.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Selenium: 34.95µg (49.93%), Vitamin B1: 0.62mg (41.26%), Folate: 147.99µg (37%), Vitamin B2: 0.61mg (35.9%), Vitamin B3: 7.01mg (35.07%), Phosphorus: 280.97mg (28.1%), Manganese: 0.48mg (23.96%), Calcium: 214.38mg (21.44%), Copper: 0.36mg (17.94%), Vitamin B5: 1.75mg (17.48%), Iron: 2.86mg (15.86%), Zinc: 2.22mg (14.78%), Fiber: 3.22g (12.87%), Vitamin B6: 0.24mg (11.82%), Potassium: 412.52mg (11.79%), Vitamin B12: 0.49µg (8.14%), Magnesium: 28.29mg (7.07%), Vitamin A: 297.18IU (5.94%), Vitamin E: 0.47mg (3.16%), Vitamin D: 0.39µg (2.6%), Vitamin K: 2.33µg (2.22%), Vitamin C: 1.61mg (1.95%)