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Mushroom Pizza ♦

A delicious pizza topped with mushrooms. It's a classic favorite for pizza lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	pizza dough
200 g	Mushrooms
150 g	pizza sauce
200 g	cheese
30 g	olive oil
5 g	Salt
5 g	Pepper

5 g garlic powder

Directions

Step 1

Preheating

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough on a floured surface.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the pizza sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Slicing

Slice the mushrooms and spread them over the sauce.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle cheese, salt, pepper, and garlic powder over the mushrooms.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Drizzling

Drizzle olive oil over the pizza.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Baking

Bake the pizza in the preheated oven for 15-20 minutes, or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Cooling

Remove from the oven and let it cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

French

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Salads

Soups

Snacks

Sauces & Dressings

Cooking Method

Steaming

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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