



Apple and Feta Pan Fried Pizzas

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 apples cored chopped
- 0.5 tablespoon butter
- 8 ounces feta cheese crumbled
- 1 tablespoon thyme sprigs fresh chopped
- 8 servings pepper black to taste
- 5 tablespoons olive oil
- 6.5 ounces bette hagan's pizza/french bread flour mix dry
- 1 onion red thinly sliced

0.5 cup water hot

Equipment

bowl

frying pan

baking sheet

oven

Directions

In a medium bowl, combine contents of the pizza dough package and 1/2 cup hot water. Stir vigorously, about 25 strokes. Set the bowl in a warm place (about 85 degrees F, or 35 degrees C) for 5 minutes. Turn dough onto floured board, divide the dough into 8 small sections. Knead the dough and shape it into rounds.

Preheat the oven to 300 degrees F (150 degrees C).

In a large skillet, heat the olive oil.

Add the dough and fry until the dough is lightly browned, flipping once to brown on both sides. Once cooked, place the circles on a cookie sheet.

Sprinkle the feta, red onion, and thyme on top of the circles.

Bake the pizzas until the feta begins to brown, about 10 to 12 minutes.

While the pizzas bake, in the previously used skillet, heat 1/2 tablespoon of butter and a few sprigs of thyme.

Mix the apples into the skillet, and cook until the apples are soft and golden.

Lay the apples on top of the pizzas, season with pepper, and serve.

Nutrition Facts



PROTEIN 8.29% **FAT 50.69%** **CARBS 41.02%**

Properties

Glycemic Index:26.63, Glycemic Load:3.95, Inflammation Score:-7, Nutrition Score:7.5313044009001%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 300.23kcal (15.01%), Fat: 17.31g (26.63%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 28.5g (10.36%), Sugar: 10.67g (11.86%), Cholesterol: 27.11mg (9.04%), Sodium: 506.57mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Iron: 5.6mg (31.12%), Vitamin B2: 0.27mg (15.96%), Calcium: 153.11mg (15.31%), Fiber: 3g (12.01%), Phosphorus: 110.83mg (11.08%), Vitamin E: 1.5mg (9.99%), Vitamin B6: 0.18mg (8.87%), Vitamin B12: 0.48µg (8.01%), Vitamin C: 6.6mg (8.01%), Vitamin K: 8.06µg (7.68%), Selenium: 4.33µg (6.19%), Zinc: 0.9mg (5.97%), Vitamin A: 233.03IU (4.66%), Vitamin B1: 0.07mg (4.4%), Manganese: 0.09mg (4.27%), Potassium: 141.98mg (4.06%), Folate: 14.85µg (3.71%), Vitamin B5: 0.35mg (3.53%), Magnesium: 13.05mg (3.26%), Copper: 0.05mg (2.38%), Vitamin B3: 0.4mg (1.99%)