



Apple-Walnut Pizza With Caramelized Onions

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 ounces gorgonzola cheese divided crumbled
- ☐ 1 large apples i use 2 granny smith apples cored thinly sliced
- ☐ 0.5 recipe brick oven pizza dough
- ☐ 1 large onion red thinly sliced
- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.5 cup walnuts coarsely chopped

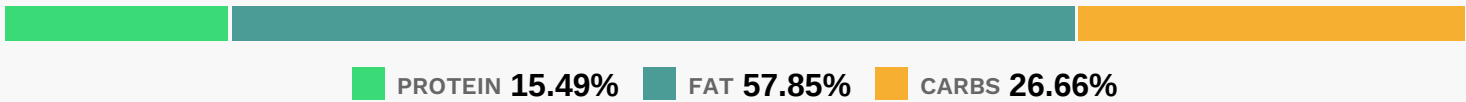
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oil in a small saucepan over medium-high heat; stir in onion and balsamic vinegar. Reduce heat to medium-low, and cook for about 15 minutes or until onions are caramelized; let cool.
- ☐ Sprinkle Cheddar and 1/2 cup Gorgonzola cheese evenly over prepared pizza dough; top evenly with onion mixture. Arrange apple over onion mixture; top with remaining Gorgonzola. sprinkle with walnuts.
- ☐ Bake at 500 for 5 to 7 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:14.002608796825%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 567.42kcal (28.37%), Fat: 37.27g (57.33%), Saturated Fat: 15.25g (95.31%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 35.12g (12.77%), Sugar: 11.85g (13.17%), Cholesterol: 63.79mg (21.26%), Sodium:

961.35mg (41.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Calcium: 476.53mg (47.65%), Phosphorus: 370.7mg (37.07%), Manganese: 0.57mg (28.58%), Selenium: 17µg (24.28%), Vitamin B2: 0.34mg (19.98%), Zinc: 2.84mg (18.95%), Copper: 0.29mg (14.29%), Fiber: 3.52g (14.07%), Vitamin A: 675.98IU (13.52%), Vitamin B12: 0.8µg (13.28%), Magnesium: 47.61mg (11.9%), Iron: 2.1mg (11.68%), Vitamin B6: 0.21mg (10.54%), Folate: 40.37µg (10.09%), Vitamin B5: 0.82mg (8.17%), Potassium: 278.61mg (7.96%), Vitamin E: 1.1mg (7.35%), Vitamin B1: 0.09mg (6.17%), Vitamin C: 4.79mg (5.81%), Vitamin K: 5.54µg (5.28%), Vitamin B3: 0.56mg (2.79%), Vitamin D: 0.4µg (2.65%)