



Arugula, Caramelized Onion and Goat Cheese Pizza

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups arugula dried washed coarsely chopped
- 2 servings pepper black freshly ground
- 2 ounces goat cheese reduced-fat
- 1 tablespoon olive oil
- 1 onion red sliced
- 2 servings salt
- 4 6-inch tortillas whole-wheat

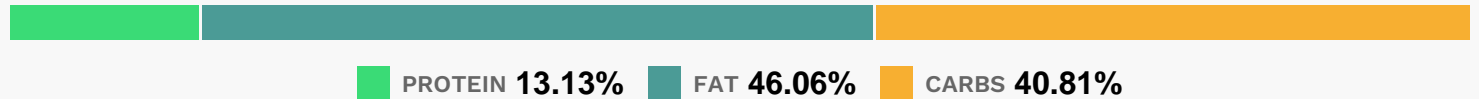
Equipment

- frying pan
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Put the oil and onions in a medium skillet and cook over very low heat, stirring occasionally, until onions are soft and caramelized, about 15 minutes. Turn the heat up to medium and add the arugula. Cook until the arugula is wilted, about 1 minute. Season with salt and pepper.
- Place the tortillas on a baking sheet and top each with some of the arugula/onion mixture. Crumble some goat cheese on top of each, and bake for 10 minutes. Allow to cool for a few minutes and cut each pizza into 4 triangles.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:10.71, Inflammation Score:-8, Nutrition Score:14.603043561396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg

Nutrients (% of daily need)

Calories: 350.07kcal (17.5%), Fat: 18.03g (27.73%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 32.4g (11.78%), Sugar: 5.43g (6.03%), Cholesterol: 13.04mg (4.35%), Sodium: 750.18mg (32.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.12%), Vitamin K: 42.13µg (40.12%), Manganese: 0.51mg (25.26%), Folate: 99.37µg (24.84%), Vitamin B1: 0.36mg (24.02%), Phosphorus: 227.88mg (22.79%), Selenium: 14.54µg (20.78%), Vitamin A: 1006.4IU (20.13%), Calcium: 188.57mg (18.86%), Vitamin B2:

0.32mg (18.69%), Iron: 3.32mg (18.45%), Copper: 0.32mg (15.78%), Vitamin B3: 2.93mg (14.65%), Fiber: 3.54g (14.16%), Vitamin C: 8.57mg (10.39%), Vitamin B6: 0.19mg (9.72%), Magnesium: 37.51mg (9.38%), Vitamin E: 1.2mg (8%), Potassium: 274.81mg (7.85%), Zinc: 0.81mg (5.43%), Vitamin B5: 0.49mg (4.91%)