



Asiago Cheese and Onion Braid

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 4 oz asiago cheese shredded
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 egg whites beaten
- ☐ 0.5 teaspoon poppy seeds
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 1 large onion sweet thinly sliced cut in half, (2 cups)
- ☐ 1 teaspoon thyme leaves dried

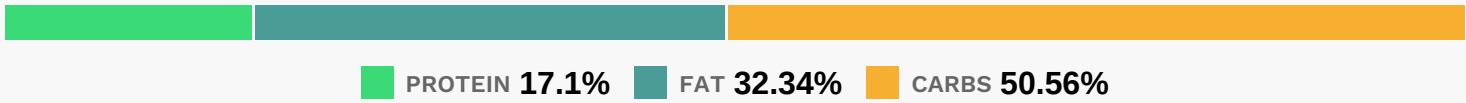
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 425F. Spray large cookie sheet with cooking spray.
- ☐ In 10-inch skillet, melt butter over medium heat.
- ☐ Add onion; cook about 15 minutes, stirring occasionally, until onion is golden brown. Stir in brown sugar and thyme. Cook 1 to 2 minutes, stirring occasionally, until sugar is dissolved.
- ☐ Remove from heat.
- ☐ Unroll pizza dough; place on cookie sheet. Starting at center, roll or press dough into 15x10-inch rectangle.
- ☐ Sprinkle cheese down center third of dough. Spoon onion mixture evenly over cheese.
- ☐ With scissors or sharp knife, make cuts 1 inch apart on both long sides of dough to within 1/2 inch of filling. Alternately cross strips diagonally over filling; turn ends under and press to seal.
- ☐ Brush egg white over top.
- ☐ Sprinkle with poppy seed.
- ☐ Bake 11 to 15 minutes or until crust is golden brown.
- ☐ Let stand 5 minutes before serving.
- ☐ Remove from cookie sheet; cut crosswise into slices.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:2.5573913072762%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 148.77kcal (7.44%), Fat: 5.41g (8.32%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.25g (6.64%), Sugar: 4.47g (4.97%), Cholesterol: 6.43mg (2.14%), Sodium: 415.79mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Calcium: 121.58mg (12.16%), Phosphorus: 75.25mg (7.52%), Iron: 1.08mg (6%), Selenium: 2.79µg (3.99%), Vitamin A: 165.46IU (3.31%), Fiber: 0.79g (3.14%), Vitamin B2: 0.05mg (2.92%), Vitamin B6: 0.05mg (2.3%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.12µg (1.97%), Vitamin C: 1.6mg (1.94%), Magnesium: 7.78mg (1.94%), Folate: 7.32µg (1.83%), Manganese: 0.04mg (1.75%), Potassium: 49.82mg (1.42%), Copper: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.1%)