



Caramelised onion & feta pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large onion (750g 1lb 10oz total weight)
- ☐ 2 garlic clove
- ☐ 25 g butter
- ☐ 2 tbsp olive oil for drizzling
- ☐ 2 tsp sugar
- ☐ 200 g feta cheese
- ☐ 2 rosemary
- ☐ 2 uncook pizza crust

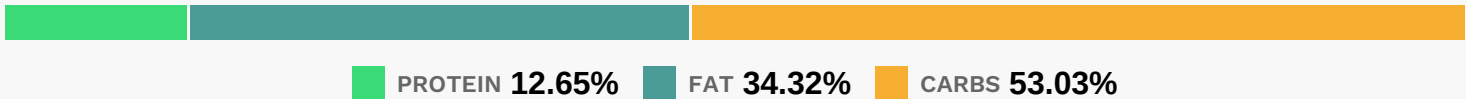
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wok

Directions

- ☐ Peel, then slice the onions into thin wedges. Thinly slice the garlic.
- ☐ Heat the butter and oil in a large wok or frying pan, tip in the onions and garlic and cook over a medium-high heat for 15 minutes, stirring every now and then until golden. Stir in the sugar and cook a minute or two longer. Season with salt and pepper. Preheat the oven to fan 200C/conventional 220C/gas
- ☐ Put the pizza bases on two oiled baking sheets. Spoon the onion mixture over the pizza bases. Now crumble over the feta and scatter with rosemary. Grind over some black pepper and drizzle with a little oil.
- ☐ Bake for 10 minutes and serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:4.46, Inflammation Score:-6, Nutrition Score:12.482173966325%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.86mg, Quercetin: 22.86mg, Quercetin: 22.86mg, Quercetin: 22.86mg

Nutrients (% of daily need)

Calories: 834.66kcal (41.73%), Fat: 31.94g (49.14%), Saturated Fat: 15.38g (96.1%), Carbohydrates: 111.06g (37.02%), Net Carbohydrates: 106.11g (38.58%), Sugar: 9.87g (10.97%), Cholesterol: 57.94mg (19.31%), Sodium: 1665.12mg

(72.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.97%), Calcium: 457.3mg (45.73%), Iron: 6.03mg (33.49%), Vitamin B2: 0.46mg (26.87%), Phosphorus: 204.96mg (20.5%), Fiber: 4.96g (19.82%), Vitamin B6: 0.37mg (18.33%), Vitamin B12: 0.86µg (14.26%), Selenium: 8.35µg (11.93%), Zinc: 1.66mg (11.04%), Vitamin C: 8.82mg (10.7%), Folate: 37.76µg (9.44%), Manganese: 0.19mg (9.26%), Vitamin B1: 0.13mg (8.82%), Vitamin E: 1.27mg (8.44%), Vitamin A: 371.14IU (7.42%), Vitamin B5: 0.64mg (6.38%), Potassium: 203.35mg (5.81%), Vitamin K: 6.03µg (5.74%), Magnesium: 21.36mg (5.34%), Copper: 0.06mg (3.24%), Vitamin B3: 0.64mg (3.2%), Vitamin D: 0.2µg (1.33%)