



Caramelized Balsamic Onion Pink Peppercorn Pizza with Rosemary & Goat Cheese

READY IN



60 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings balsamic vinegar
- ☐ 6 ounce goat cheese
- ☐ 1 tablespoon olive oil
- ☐ 4 servings pizza dough store bought
- ☐ 1 teaspoon rosemary leaves minced
- ☐ 1 pinch salt plus more to taste
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Put a pizza stone a 450 degree F pre-heated oven.
- ☐ Roughly chop the onions.
- ☐ Add enough balsamic to cover, along with sugar, salt and about 3/4 of the crushed pink peppercorns.
- ☐ Let Marinate 2-3 hours.
- ☐ Strain the onions over a bowl, setting the marinade aside for use later in this recipe.
- ☐ Heat a small saucepan over medium heat.
- ☐ Add the onions to the pan and stir well. Lower the heat and let the onions caramelize further, stirring frequently. Do not cook too fast or they will fry rather than caramelize.
- ☐ Once they are nicely colored, add the balsamic marinade to the pan, along with the butter. Stir frequently and let the mixture cook down to a jammy consistency.
- ☐ Meanwhile, rest your dough at room temperature at least ½ hour. Then form into a 12" round.
- ☐ Spread the onion mixture over the center of the pizza leaving a 3/4 inch border of crust. Atop this mixture place 8 or so rounds of goat cheese.
- ☐ Garnish with decorative bits of rosemary and brush the edges of the pizza with olive oil. Carefully slide the pizza onto the pre-heated pizza stone and bake 12-15 minutes until bubbly and the goat cheese is beginning to brown.
- ☐ Remove the pizza from the oven and garnish with the remaining pink peppercorns.
- ☐ Serve Hot.

Nutrition Facts



 PROTEIN **14.78%**  FAT **45.91%**  CARBS **39.31%**

Properties

Glycemic Index:47.52, Glycemic Load:3.46, Inflammation Score:-3, Nutrition Score:4.552173923701%

Nutrients (% of daily need)

Calories: 334.23kcal (16.71%), Fat: 17.08g (26.28%), Saturated Fat: 8.92g (55.75%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 32.05g (11.66%), Sugar: 9.3g (10.33%), Cholesterol: 27.09mg (9.03%), Sodium: 582.47mg (25.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.75%), Copper: 0.32mg (15.82%), Iron: 2.49mg (13.84%), Phosphorus: 112.76mg (11.28%), Vitamin A: 527.52IU (10.55%), Vitamin B2: 0.16mg (9.62%), Calcium: 65.08mg (6.51%), Vitamin B6: 0.11mg (5.34%), Vitamin E: 0.66mg (4.41%), Fiber: 0.87g (3.46%), Manganese: 0.06mg (3.21%), Vitamin K: 3.12µg (2.97%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.41mg (2.72%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.03mg (2%), Selenium: 1.24µg (1.78%), Vitamin D: 0.22µg (1.48%), Vitamin B12: 0.09µg (1.45%), Folate: 5.28µg (1.32%)