



Caramelized Onion and Goat Cheese Pizza

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh chopped
- 3 ounces goat cheese crumbled
- 2 teaspoons olive oil
- 2 cups onion separated thinly sliced (1 onion)
- 1 pound pizza cheese italian cheese-flavored (such as Boboli)
- 0.5 cup tomato sauce (such as Contadina)
- 0.3 cup sun-dried olives drained chopped

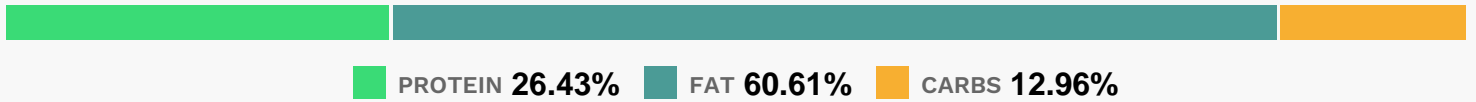
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 45
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add onion; cover and cook for 3 minutes. Uncover and cook for 11 minutes or until golden brown, stirring frequently.
- Place the pizza crust on a baking sheet.
- Combine the sauce and tomatoes.
- Spread sauce mixture over pizza crust. Top with onion and cheese.
- Bake at 450 for 10 minutes or until crust is golden brown.
- Sprinkle with basil.
- Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:5.83217390983%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 330.17kcal (16.51%), Fat: 23.48g (36.12%), Saturated Fat: 5.32g (33.28%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.5g (3.46%), Sugar: 4.84g (5.38%), Cholesterol: 21.64mg (7.21%), Sodium: 299.68mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.07%), Calcium: 192.99mg (19.3%), Copper: 0.22mg

(10.85%), Manganese: 0.2mg (10.05%), Vitamin C: 7.35mg (8.91%), Potassium: 302.36mg (8.64%), Vitamin K: 7.96µg (7.58%), Phosphorus: 74.14mg (7.41%), Fiber: 1.79g (7.17%), Vitamin B6: 0.14mg (6.81%), Vitamin A: 328.7IU (6.57%), Vitamin B2: 0.1mg (6.16%), Iron: 1.03mg (5.74%), Magnesium: 20.2mg (5.05%), Folate: 17.47µg (4.37%), Vitamin B1: 0.06mg (4.26%), Vitamin B3: 0.75mg (3.74%), Vitamin E: 0.53mg (3.54%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.37mg (2.44%), Selenium: 1.04µg (1.49%)