



 **19%**
HEALTH SCORE

Caramelized-Onion and Gorgonzola Grilled Pizza

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flat parsley chopped
- 1 cup gorgonzola crumbled
- 6 tablespoon olive oil extra virgin extra-virgin divided
- 1.3 pounds onion halved lengthwise thinly sliced (2 large)
- 14 ounce pizza dough frozen thawed
- 0.5 cup walnuts toasted coarsely chopped

Equipment

- bowl
- frying pan
- baking sheet
- grill
- tongs
- cutting board

Directions

- Heat 1/4 cup oil in a 12-inch heavy skillet over medium-low heat until it shimmers, then cook onions with 1/2 tsp salt and 1/4 tsp pepper, covered, stirring occasionally, until golden, 15 to 20 minutes.
- Transfer to a small bowl and keep warm, covered.
- Prepare a grill for direct-heat cooking over low charcoal (medium heat for gas).
- Stretch dough into a roughly 12- by 10-inch rectangle on a large baking sheet and brush with 1 Tbsp oil.
- Bring dough, onions, cheese, nuts, parsley, and remaining Tbsp oil to grill area.
- Oil grill rack, then put dough, oiled side down, on grill and brush top with remaining Tbsp oil. Grill, covered, until underside is golden brown, 1 1/2 to 3 minutes.
- Using tongs, return crust to baking sheet, turning crust over (grilled side up).
- Sprinkle evenly with onions, cheese, nuts, and parsley. Slide pizza from sheet onto grill and grill, covered, until underside is golden brown and cheese is partially melted, about 3 minutes.
- Transfer to a cutting board and cut into pieces.
- If you are making the entire menu and using a charcoal grill, the coals will need to be replenished before you grill the veal.·If you aren't able to grill outdoors, visit gourmet.com for an indoor method.·Onions can be cooked 1 day ahead and chilled.·Nuts can be toasted 1 day ahead and cooled, then kept in an airtight container at room temperature.

Nutrition Facts

PROTEIN 11.24% **FAT 63.78%** **CARBS 24.98%**

Properties

Glycemic Index:17.67, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:16.25260877091%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg

Nutrients (% of daily need)

Calories: 469.98kcal (23.5%), Fat: 34g (52.31%), Saturated Fat: 8.92g (55.75%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 26.16g (9.51%), Sugar: 6.74g (7.49%), Cholesterol: 23.39mg (7.8%), Sodium: 517.92mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Vitamin K: 54.89µg (52.27%), Manganese: 0.65mg (32.65%), Selenium: 17.91µg (25.58%), Phosphorus: 253.88mg (25.39%), Calcium: 252.73mg (25.27%), Vitamin E: 2.84mg (18.91%), Copper: 0.35mg (17.66%), Vitamin B2: 0.29mg (16.78%), Folate: 63.23µg (15.81%), Fiber: 3.8g (15.19%), Vitamin B1: 0.22mg (14.93%), Vitamin C: 11.24mg (13.62%), Vitamin B6: 0.25mg (12.71%), Iron: 2.28mg (12.64%), Vitamin B12: 0.75µg (12.43%), Zinc: 1.86mg (12.42%), Vitamin A: 584.37IU (11.69%), Magnesium: 45.65mg (11.41%), Potassium: 343.71mg (9.82%), Vitamin B3: 1.9mg (9.48%), Vitamin B5: 0.65mg (6.52%)