



Caramelized Onion and Gorgonzola Pizza

 Vegetarian

READY IN



50 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound gorgonzola cheese crumbled
- ☐ 1 cup mozzarella cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds onions sliced
- ☐ 2 pizza crusts prepared
- ☐ 1 pinch sugar
- ☐ 0.5 cup tomato sauce

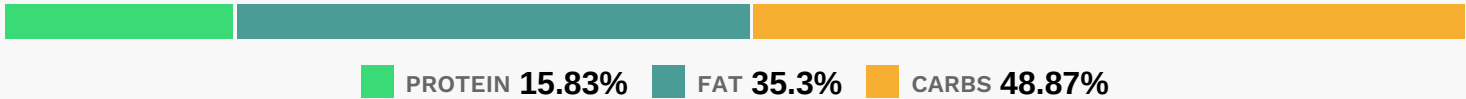
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the onions, olive oil, and sugar into a skillet over medium heat and cook, stirring frequently, until the onions are wilted and brown, about 15 to 20 minutes. Reduce the heat if the onions are browning too quickly. Set aside to cool a bit.
- ☐ Heat the oven to 450 degrees F.
- ☐ Spread half the tomato sauce onto 1 of the crusts. Top with half the caramelized onions and half the mozzarella. Repeat with the other crust.
- ☐ Bake the pies until the mozzarella is browned and bubbling, about 10 to 15 minutes. As soon as the pies come out of the oven, sprinkle over the gorgonzola. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:3.7760869731074%

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: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 197.01kcal (9.85%), Fat: 7.77g (11.95%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 22.74g (8.27%), Sugar: 2.9g (3.23%), Cholesterol: 12.93mg (4.31%), Sodium: 406.39mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Calcium: 135.46mg (13.55%), Phosphorus: 78.52mg (7.85%), Iron: 1.3mg (7.22%), Fiber: 1.46g (5.84%), Vitamin C: 3.79mg (4.59%), Vitamin B2: 0.08mg (4.44%), Vitamin B12: 0.27µg (4.43%), Selenium: 2.86µg (4.09%), Vitamin B6: 0.08mg (4.07%), Zinc: 0.56mg (3.7%), Folate: 13.64µg (3.41%), Manganese: 0.07mg (3.39%), Potassium: 117.72mg (3.36%), Vitamin A: 151.81IU (3.04%), Vitamin B5: 0.28mg (2.79%), Magnesium: 9.18mg (2.3%), Vitamin E: 0.34mg (2.25%), Vitamin B1: 0.03mg (1.82%), Vitamin K: 1.6µg (1.52%), Copper: 0.03mg (1.49%), Vitamin B3: 0.23mg (1.17%)