



Caramelized Onion and Gorgonzola Pizza

READY IN



55 min.

SERVINGS



12

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 cup butter
- ☐ 1 pound gorgonzola crumbled
- ☐ 10 ounce pizza dough refrigerated
- ☐ 2 teaspoons sugar
- ☐ 2 large onion thinly sliced

Equipment

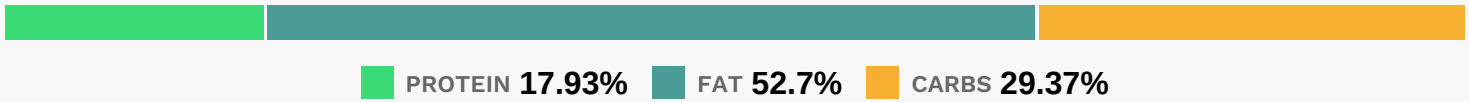
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ pizza pan

Directions

- ☐ In a large saute pan, melt butter over medium heat.
- ☐ Saute onions in butter until the onions are soft and dark brown, approximately 25 minutes. Stir in sugar, and continue cooking for 1 or 2 more minutes.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Grease a pizza pan or cookie sheet, and press out the dough to desired thickness.
- ☐ Spread onions evenly over the dough, and top with crumbled Gorgonzola.
- ☐ Bake for 10 to 12 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:5.6265217739603%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 228.72kcal (11.44%), Fat: 13.54g (20.84%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.13g (5.87%), Sugar: 5.09g (5.66%), Cholesterol: 33.43mg (11.14%), Sodium: 625.12mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Calcium: 211.19mg (21.12%), Phosphorus: 161.75mg (16.17%), Vitamin B2: 0.16mg (9.2%), Selenium: 5.78µg (8.26%), Vitamin B12: 0.47µg (7.75%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.71mg (7.1%), Vitamin A: 348.05IU (6.96%), Vitamin B6: 0.13mg (6.73%), Folate: 26.37µg (6.59%), Iron: 0.9mg (5%), Potassium: 163mg (4.66%), Magnesium: 13.71mg (3.43%), Fiber: 0.85g (3.4%), Vitamin C: 2.65mg (3.21%), Copper: 0.05mg (2.3%), Vitamin B3: 0.46mg (2.3%), Manganese: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.24µg (1.18%), Vitamin E: 0.16mg (1.07%)