



Caramelized Onion Flatbread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

Ingredients

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1.3 teaspoons kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 1 pound bakery pizza dough
- ☐ 1 large onion sweet sliced

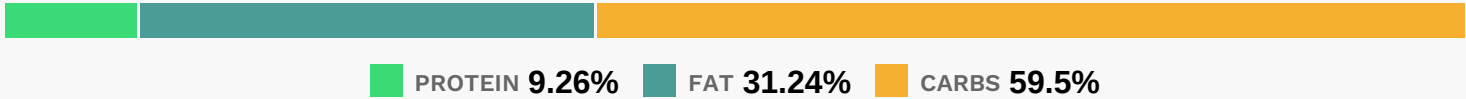
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 42
- ☐ Saut onion in 1 Tbsp. hot oil over medium-high heat 15 minutes or until golden brown.
- ☐ Press dough into a 15- x 10-inch jelly-roll pan, pressing to about 1/4-inch thickness. Press handle of a wooden spoon into dough to make indentations at 1-inch intervals; drizzle with remaining 2 Tbsp. oil, and sprinkle with salt, rosemary, and caramelized onions.
- ☐ Bake at 425 on lowest oven rack 20 minutes or until lightly browned.
- ☐ Kitchen Express: Substitute 1 (8-oz.) can refrigerated pizza crust dough for bakery pizza dough. Reduce salt to 3/4 tsp. Reduce bake time to 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.7404347951321%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 199.15kcal (9.96%), Fat: 7.04g (10.83%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.95g (10.53%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 776.71mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Iron: 1.67mg (9.29%), Vitamin E: 0.76mg (5.1%), Fiber: 1.22g (4.9%), Vitamin K: 3.28µg (3.13%), Vitamin B6: 0.05mg (2.69%), Vitamin C: 1.99mg (2.41%), Folate: 9.53µg (2.38%), Manganese: 0.03mg (1.63%), Potassium: 49.45mg (1.41%), Copper: 0.02mg (1.17%), Vitamin B1: 0.02mg (1.13%), Phosphorus: 11.18mg (1.12%)