



## Caramelized Onion Flatbread with Spiced Olive Oil

READY IN



75 min.

SERVINGS



8

CALORIES



309 kcal

### Ingredients

- 0.5 cup balsamic vinegar
- 0.3 cup butter
- 0.3 cup cheddar grated
- 2 tablespoons herbs fresh chopped (combination thyme, rosemary and oregano leaves)
- 2 garlic cloves minced
- 0.3 cup olive oil extra-virgin
- 0.3 cup parmesan grated
- 1 tablespoon pepper flakes red
- 1 pound pizza dough refrigerated at room temperature

- 8 servings salt and pepper black freshly ground
- 2 medium onions yellow sliced quartered

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pizza pan
- wooden spoon

## Directions

- Preheat the oven to 400 degrees F.
- In a large skillet, over medium-low heat saute the onions and garlic in butter for 20 minutes or until golden brown and caramelized, stirring with a wooden spoon, throughout the cooking process.
- Remove from the heat and set aside.
- Turn dough onto a lightly greased 12-inch pizza pan. Press the dough out into a circle about 10 inches in diameter with your hands; (this does not have to be perfect). Using the handle end of a wooden spoon handle, make deep indentations about 1-inch apart on top of the dough. Top with the caramelized onions and sprinkle with fresh herbs and cheeses. Season with salt and pepper, to taste.
- Drizzle with olive oil and bake at 400 degrees F until golden brown, about 18 to 20 minutes.
- Pour the balsamic vinegar into a small saucepan, over medium heat and simmer until reduced by half.
- Combine the oil with chili flakes in a small bowl.
- Let sit for 15 to 20 minutes to let the chili flavor infuse into the oil
- Remove the pizza from the oven and drizzle with the balsamic reduction and chili oil before serving.

## Nutrition Facts



■ PROTEIN 8.84% ■ FAT 47.49% ■ CARBS 43.67%

## Properties

Glycemic Index:31, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:4.9082608819008%

## 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## Nutrients (% of daily need)

Calories: 309.04kcal (15.45%), Fat: 16.53g (25.44%), Saturated Fat: 6.28g (39.28%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 31.96g (11.62%), Sugar: 7.23g (8.04%), Cholesterol: 22.03mg (7.34%), Sodium: 537.9mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Iron: 2.43mg (13.49%), Vitamin K: 13.83µg (13.17%), Vitamin E: 1.79mg (11.91%), Vitamin A: 544.55IU (10.89%), Calcium: 95.68mg (9.57%), Fiber: 2.24g (8.95%), Manganese: 0.16mg (8.1%), Phosphorus: 58.78mg (5.88%), Vitamin B6: 0.08mg (4.09%), Vitamin B2: 0.05mg (3.18%), Magnesium: 12.26mg (3.07%), Potassium: 104.76mg (2.99%), Selenium: 2.03µg (2.9%), Vitamin C: 2.3mg (2.79%), Zinc: 0.36mg (2.42%), Folate: 9.68µg (2.42%), Copper: 0.04mg (1.92%), Vitamin B1: 0.02mg (1.43%), Vitamin B12: 0.08µg (1.41%), Vitamin B3: 0.22mg (1.1%)