



Caramelized Onion-Pear Pizza

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup purée of usa bartlett pear thinly sliced
- ☐ 1 tablespoon butter
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 6 cups onion sliced
- ☐ 1 ounce preshredded pizza-blend cheese
- ☐ 10 ounce pizza crust italian cheese-flavored thin such as Boboli
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons walnuts coarsely chopped

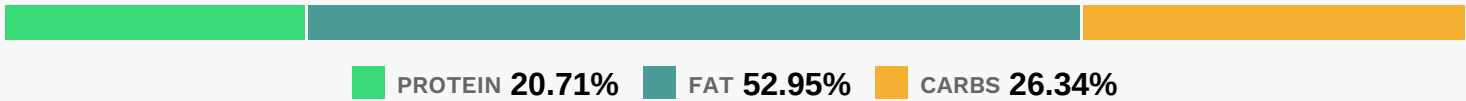
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Melt butter in a nonstick skillet over medium-high heat.
- ☐ Add onion; saut 15 minutes.
- ☐ Place crust on baking sheet.
- ☐ Spread onion over crust, leaving a 1/2-inch border; top with pear, cheeses, nuts, and salt.
- ☐ Bake at 425 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:6.78, Inflammation Score:-8, Nutrition Score:9.3108695479839%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 48.72mg, Quercetin: 48.72mg, Quercetin: 48.72mg, Quercetin: 48.72mg

Nutrients (% of daily need)

Calories: 451.12kcal (22.56%), Fat: 27.92g (42.95%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 25.75g (9.36%), Sugar: 13.74g (15.26%), Cholesterol: 28.43mg (9.48%), Sodium: 407.53mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Calcium: 257.52mg (25.75%), Manganese: 0.49mg (24.71%), Vitamin C: 19.36mg (23.47%), Fiber: 5.5g (22%), Vitamin B6: 0.34mg (16.79%), Folate: 55.26µg (13.81%), Potassium: 426.81mg (12.19%), Phosphorus: 119.02mg (11.9%), Copper: 0.2mg (10.17%), Magnesium: 35.7mg (8.93%), Vitamin B1: 0.13mg (8.93%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.78mg (5.22%),

Vitamin B5: 0.46mg (4.65%), Iron: 0.74mg (4.11%), Selenium: 2.54µg (3.63%), Vitamin A: 157.14IU (3.14%), Vitamin K: 2.84µg (2.7%), Vitamin B3: 0.47mg (2.33%), Vitamin B12: 0.09µg (1.54%), Vitamin E: 0.22mg (1.49%)