



Caramelized-Onion Pizza with Mushrooms

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz philadelphia cheese and herb cooking creme
- ☐ 6 oz crimini mushrooms fresh trimmed thinly sliced
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 lb onion thinly sliced (3 large)
- ☐ 1 lb pizza dough frozen thawed

Equipment

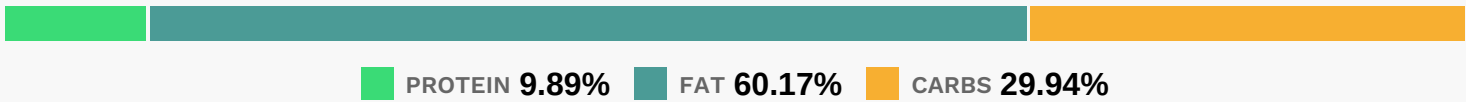
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat 3 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook onions with 1/2 teaspoon salt and 1/4 teaspoon pepper, uncovered, stirring occasionally, until softened and beginning to brown, about 10 minutes. Reduce heat to moderate and continue to cook, stirring occasionally, until tender and golden, about 15 minutes more. Reduce heat to low and continue to cook, stirring occasionally, until very soft and deep golden brown, about 15 minutes more.
- ☐ Remove from heat and cool to warm, about 10 minutes.
- ☐ Put oven rack in middle position and preheat oven to 475°F.
- ☐ While onions cool, coat pizza dough with 1 tablespoon oil in a 17- by 12-inch shallow baking pan and stretch and press dough to cover bottom (dough may be resistant to stretching at first, but it will soon relax).
- ☐ Spread onions evenly over dough. Toss mushrooms with 1/4 teaspoon salt, 1/8 teaspoon pepper, and remaining tablespoon oil in a bowl, then spread evenly over onions. Crumble cheese evenly over mushrooms.
- ☐ Bake pizza until underside of dough is golden and cheese is beginning to brown, 14 to 16 minutes.
- ☐ Onions can be cooked 1 day ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:20.393043363872%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 682.64kcal (34.13%), Fat: 46.3g (71.23%), Saturated Fat: 17.11g (106.94%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 46.2g (16.8%), Sugar: 13.21g (14.68%), Cholesterol: 52.53mg (17.51%), Sodium: 736.54mg (32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.25%), Selenium: 36.29µg (51.84%), Vitamin B2: 0.55mg (32.17%), Manganese: 0.61mg (30.49%), Phosphorus: 303.34mg (30.33%), Calcium: 274.35mg (27.44%), Copper: 0.54mg (26.82%), Vitamin E: 3.7mg (24.69%), Vitamin B1: 0.36mg (23.86%), Fiber: 5.64g (22.57%), Vitamin B3: 4.3mg (21.52%), Folate: 86.04µg (21.51%), Vitamin K: 18.7µg (17.81%), Iron: 3.2mg (17.77%), Potassium: 611.39mg (17.47%), Vitamin B6: 0.34mg (17.25%), Vitamin C: 13.95mg (16.91%), Vitamin B12: 0.93µg (15.45%), Vitamin A: 757.64IU (15.15%), Zinc: 2.25mg (15.03%), Magnesium: 46.92mg (11.73%), Vitamin B5: 1.1mg (10.95%)