



Caramelized Onion, Prosciutto, and Arugula Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby arugula packed
- ☐ 4 ounces cheese blue crumbled
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil
- ☐ 2 onion halved sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 uncook pizza crust prepared uncooked
- ☐ 2 ounces pancetta very thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.3 cup walnut pieces coarsely chopped

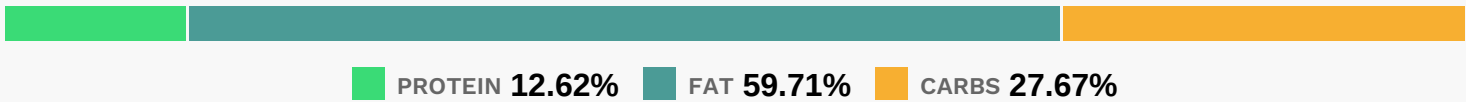
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Preheat oven to 45
- ☐ (For a crispy crust, preheat a pizza stone on the lowest rack in the oven.)
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onions; saut, stirring occasionally, 20 minutes or until soft and golden brown. Stir in vinegar, salt, and pepper.
- ☐ Roll dough to 1/4-inch thickness on a floured baking sheet or pizza peel.
- ☐ Brush edges of crust with olive oil.
- ☐ Spread onion mixture to edges of crust; top with blue cheese, walnuts, and figs, if desired.
- ☐ If desired, transfer pizza to pizza stone dusted with cornmeal or semolina flour; bake 10 to 12 minutes.
- ☐ Remove from oven, and sprinkle with arugula and prosciutto.
- ☐ Drizzle with additional olive oil, if desired.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:5.976521745972%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 298.17kcal (14.91%), Fat: 20.03g (30.82%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.34g (7.03%), Sugar: 2.35g (2.61%), Cholesterol: 30.44mg (10.15%), Sodium: 681.31mg (29.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.05%), Calcium: 150.86mg (15.09%), Manganese: 0.25mg (12.47%), Phosphorus: 117.43mg (11.74%), Selenium: 5.13µg (7.32%), Iron: 1.3mg (7.21%), Vitamin A: 346.04IU (6.92%), Vitamin B6: 0.13mg (6.49%), Fiber: 1.54g (6.18%), Vitamin K: 6.37µg (6.07%), Vitamin B2: 0.1mg (5.99%), Zinc: 0.85mg (5.67%), Folate: 21.95µg (5.49%), Copper: 0.11mg (5.42%), Vitamin B12: 0.29µg (4.76%), Vitamin B5: 0.47mg (4.74%), Magnesium: 18.83mg (4.71%), Potassium: 158.15mg (4.52%), Vitamin B1: 0.07mg (4.46%), Vitamin C: 3.28mg (3.98%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.68mg (3.42%)