



## Caramelized Onion, Red Pepper, and Mushroom Pizzetti

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 2 tablespoons cornmeal
- 2.3 teaspoons yeast dry
- 2.5 tablespoons olive oil extravirgin divided
- 2.3 cups flour all-purpose divided
- 3 tablespoons madeira wine
- 3 cups mushrooms sliced
- 8 cups onion vertically sliced
- 1 ounce parmesan cheese fresh grated

- 2 ounces sharp provolone cheese shredded
- 0.5 cup bottled roasted bell peppers red cut into strips
- 1.5 teaspoons salt divided
- 4 teaspoons sugar divided
- 0.8 cup warm water (100° to 110°)

## Equipment

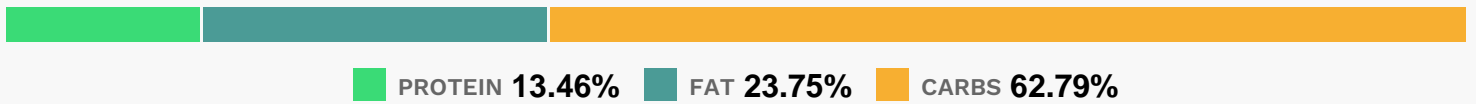
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- measuring cup

## Directions

- Combine water, 1 tablespoon oil, 1 teaspoon sugar, and yeast in a large bowl; let stand 5 minutes or until foamy. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 2 cups flour and 1 teaspoon salt, stirring with a whisk.
- Add to yeast mixture; stir until a rough dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- Preheat oven to 45
- Heat 2 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add sliced onion, remaining 1 tablespoon sugar, and remaining 1/2 teaspoon salt; cover and cook 15 minutes or until golden brown, stirring frequently. Spoon into a medium bowl.
- Add remaining 2 teaspoons oil and mushrooms to pan; saut 5 minutes.

- Add Madeira; cook 30 seconds or until liquid evaporates.
- Add mushroom mixture and bell peppers to onion mixture; stir well.
- Combine cheeses in a small bowl, and set aside.
- Punch dough down; cover and let rest 5 minutes. Divide into 12 equal portions; roll each dough portion into a 5-inch circle on a floured surface. Coat 2 baking sheets with cooking spray; sprinkle each with 1 tablespoon cornmeal.
- Place 6 dough circles on each baking sheet. Top each dough circle with about 1/4 cup onion mixture and 1 tablespoon cheese mixture, leaving a 1/4-inch border.
- Bake at 450 for 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.47, Glycemic Load:17.03, Inflammation Score:-6, Nutrition Score:9.5230434951575%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg

## Nutrients (% of daily need)

Calories: 202.44kcal (10.12%), Fat: 5.37g (8.26%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 28.85g (10.49%), Sugar: 6.5g (7.22%), Cholesterol: 4.87mg (1.62%), Sodium: 450.04mg (19.57%), Alcohol: 0.39g (100%), Alcohol %: 0.25% (100%), Protein: 6.84g (13.68%), Vitamin B1: 0.33mg (21.67%), Folate: 83.06µg (20.77%), Selenium: 12.1µg (17.29%), Vitamin B2: 0.29mg (17.15%), Manganese: 0.34mg (16.83%), Vitamin B3: 2.7mg (13.5%), Vitamin C: 11.11mg (13.47%), Phosphorus: 126.02mg (12.6%), Fiber: 3.07g (12.28%), Vitamin B6: 0.2mg (9.99%), Calcium: 96.13mg (9.61%), Iron: 1.61mg (8.97%), Copper: 0.17mg (8.53%), Potassium: 288.06mg (8.23%), Vitamin B5: 0.72mg (7.19%), Magnesium: 23.62mg (5.9%), Zinc: 0.8mg (5.35%), Vitamin E: 0.48mg (3.2%), Vitamin K: 2.42µg (2.3%), Vitamin A: 92.5IU (1.85%), Vitamin B12: 0.11µg (1.79%)