



Caramelized Onion, Sausage and Basil Pizza

READY IN



60 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup basil leaves fresh chopped
- 3 ounces gorgonzola blue crumbled
- 0.3 teaspoon kosher salt
- 3 tablespoons olive oil extra-virgin for drizzling
- 1.5 pounds onions thinly sliced
- 13 ounce pizza dough
- 1 pound pork sausage crumbled
- 1 tablespoon butter unsalted at room temperature

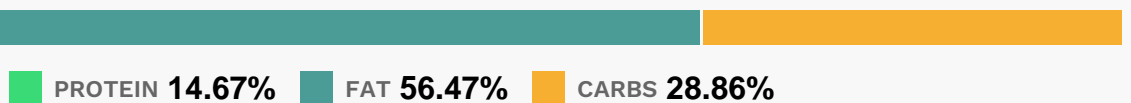
Equipment

- frying pan
- baking sheet
- oven
- wooden spoon

Directions

- Watch how to make this recipe.
- Put an oven rack in the center of the oven. Preheat the oven to 475 degrees F.
- Sprinkle a heavy baking sheet (without sides) with cornmeal and set aside.
- In a large skillet, melt 3 tablespoons of olive oil and the butter over medium-low heat.
- Add the onions, salt and pepper. Cook, stirring occasionally, until golden and caramelized, about 20 minutes. Increase the heat to medium-high and add the sausage. Using a wooden spoon, break up the sausage and cook, stirring constantly, until cooked through, about 8 minutes. Set aside to cool slightly.
- On a lightly floured work surface, roll out the dough into a 13-inch diameter circle, about 1/4-inch thick.
- Transfer the dough to the prepared baking sheet and drizzle with olive oil.
- Spread the onion mixture evenly over the dough, leaving a 1-inch border.
- Sprinkle the cheese on top.
- Bake until the crust is golden and the cheese has melted, about 15 to 17 minutes.
- Remove from the oven and sprinkle with chopped basil.
- Cut the pizza into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.45, Inflammation Score:-6, Nutrition Score:10.706521718398%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 555.37kcal (27.77%), Fat: 35.04g (53.91%), Saturated Fat: 11.99g (74.92%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 37.42g (13.61%), Sugar: 8.69g (9.66%), Cholesterol: 70.08mg (23.36%), Sodium: 1189.8mg (51.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin B6: 0.39mg (19.64%), Vitamin B3: 3.84mg (19.21%), Phosphorus: 191.05mg (19.11%), Vitamin B1: 0.26mg (17.65%), Iron: 2.86mg (15.89%), Zinc: 2.22mg (14.81%), Vitamin B12: 0.82µg (13.66%), Fiber: 2.89g (11.54%), Potassium: 394.04mg (11.26%), Calcium: 110.56mg (11.06%), Vitamin C: 9.1mg (11.03%), Vitamin B2: 0.18mg (10.51%), Vitamin K: 9.76µg (9.3%), Vitamin B5: 0.9mg (8.98%), Manganese: 0.17mg (8.69%), Vitamin E: 1.27mg (8.49%), Vitamin D: 1.09µg (7.26%), Folate: 28.17µg (7.04%), Magnesium: 26.02mg (6.5%), Vitamin A: 278.64IU (5.57%), Copper: 0.11mg (5.26%), Selenium: 2.65µg (3.79%)