



## Caramelized Onion Tart

READY IN



47 min.

SERVINGS



47

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 clove garlic minced
- 0.8 cup kalamata olives pitted
- 2 Tbsp oil
- 3 onions thinly sliced
- 0.3 cup parmesan cheese divided grated kraft
- 13.8 oz pizza crust refrigerated canned
- 0.3 tsp salt
- 0.3 tsp thyme leaves dried

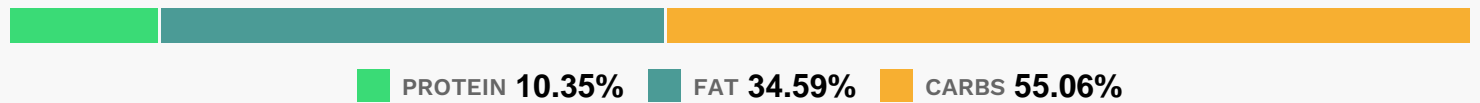
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Cook onions in oil in large skillet on medium heat 15 min. or until golden brown, stirring frequently.
- Add garlic, thyme and salt; cook and stir 2 min.
- Heat oven to 400F. Unroll pizza dough onto baking sheet, stirring frequently; press into 14x12-inch rectangle.
- Bake 5 min.; sprinkle with half the cheese. Top with onions, olives and remaining cheese.
- Bake 10 to 12 min. or until edges of crust are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.45304347396545%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 34.01kcal (1.7%), Fat: 1.34g (2.06%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.83g (0.92%), Cholesterol: 0.46mg (0.15%), Sodium: 115.76mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Iron: 0.25mg (1.41%), Vitamin E: 0.19mg (1.27%), Fiber: 0.32g (1.27%)