



## Caramelized Onion & Tomato Pizza

READY IN



78 min.

SERVINGS



18

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 Tbsp butter
- 2 cups cherry tomatoes sliced
- 0.5 cup basil leaves fresh loosely packed
- 1.5 cups italian\* five cheese blend shredded kraft finely
- 2 large onions spanish thinly sliced
- 0.5 recipe pizza dough recipe

### Equipment

frying pan

oven

## Directions

Cook onions in butter in large skillet on medium-high heat 15 to 20 min. or until onions are tender, stirring occasionally.

Add dressing; cook on medium heat 10 min. or until onions are caramelized, stirring occasionally. Cool completely.

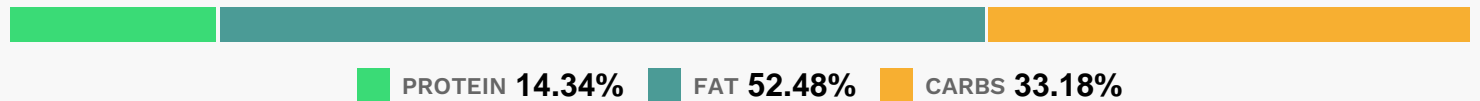
Heat oven to 450F. Press Perfect Parmesan Pizza Dough onto bottom of 15x10-1-inch pan sprayed with cooking spray.

Let stand 10 min. Top with onions, cheese and tomatoes.

Bake on bottom oven rack 17 to 18 min. or until crust is golden brown.

Tear basil; sprinkle over pizza.

## Nutrition Facts



## Properties

Glycemic Index:8.17, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:1.4686956465568%

## Flavonoids

Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

## Nutrients (% of daily need)

Calories: 96.17kcal (4.81%), Fat: 5.75g (8.85%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.61g (2.77%), Sugar: 2.01g (2.24%), Cholesterol: 3.56mg (1.19%), Sodium: 162.85mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin C: 5.13mg (6.22%), Vitamin K: 3.35µg (3.19%), Vitamin A: 136.17IU (2.72%), Calcium: 26.35mg (2.63%), Iron: 0.46mg (2.57%), Manganese: 0.05mg (2.33%), Fiber: 0.57g (2.29%), Potassium: 62.58mg (1.79%), Vitamin B6: 0.03mg (1.71%), Folate: 5.8µg (1.45%), Copper: 0.02mg (1.07%)