



Caramelized Red Onion and Fig Pizza

READY IN



45 min.

SERVINGS



1

CALORIES



2256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup feta crumbled
- 0.5 cup mission figs dried chopped
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon oregano dried
- 1 pound pizza dough whole-wheat at room temperature
- 1 medium onion red thinly sliced
- 0.3 teaspoon salt

- 4 ounces mozzarella cheese shredded
- 0.3 cup walnuts chopped

Equipment

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

Directions

- Preheat oven to 500F.
- Place a pizza stone or baking sheet in oven.
- In a saut pan, heat oil over medium heat.
- Add onion and saut until translucent, about 12 minutes.
- Add vinegar, salt and pepper; stir and cook for 5 minutes.
- Remove from heat.
- Roll out dough between 2 pieces of parchment paper to a 10-inch diameter.
- Remove top sheet of parchment and cover dough evenly with both cheeses, figs, walnuts, half the onions and oregano.
- Reduce oven to 450F and transfer pizza (on parchment) to pizza stone or baking sheet.
- Bake until cheese is golden and crust is crisp, about 12 minutes.
- Let rest for 5 minutes before slicing into 8 wedges and serving.

Nutrition Facts



PROTEIN 13.5% **FAT 40.39%** **CARBS 46.11%**

Properties

Glycemic Index:249, Glycemic Load:18.69, Inflammation Score:-9, Nutrition Score:39.980869604194%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 28.8mg, Quercetin: 28.8mg, Quercetin: 28.8mg, Quercetin: 28.8mg

Nutrients (% of daily need)

Calories: 2255.87kcal (112.79%), Fat: 103.1g (158.62%), Saturated Fat: 34.17g (213.57%), Carbohydrates: 264.86g (88.29%), Net Carbohydrates: 250.46g (91.08%), Sugar: 58.81g (65.34%), Cholesterol: 156.33mg (52.11%), Sodium: 5441.16mg (236.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.51g (155.03%), Calcium: 1057.26mg (105.73%), Iron: 15.38mg (85.43%), Phosphorus: 811.46mg (81.15%), Manganese: 1.48mg (73.95%), Vitamin B12: 3.85µg (64.22%), Vitamin B2: 1.09mg (64.13%), Fiber: 14.4g (57.61%), Selenium: 32.8µg (46.85%), Zinc: 6.79mg (45.24%), Vitamin B6: 0.79mg (39.47%), Copper: 0.65mg (32.29%), Vitamin E: 4.84mg (32.24%), Magnesium: 120.31mg (30.08%), Vitamin K: 31.53µg (30.03%), Vitamin A: 1270.34IU (25.41%), Vitamin B1: 0.37mg (24.82%), Folate: 89.87µg (22.47%), Potassium: 745.9mg (21.31%), Vitamin B5: 1.55mg (15.54%), Vitamin C: 10.9mg (13.21%), Vitamin B3: 1.82mg (9.09%), Vitamin D: 0.75µg (5.02%)