



Caramelized Red Onion, Rosemary, and Asiago Focaccia

READY IN



51 min.

SERVINGS



8

CALORIES



162 kcal

Ingredients

- ☐ 0.5 cup asiago cheese shredded finely
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 2.5 teaspoons olive oil divided
- ☐ 13.8 ounce pizza crust dough refrigerated canned
- ☐ 1 large onion red halved lengthwise thinly sliced

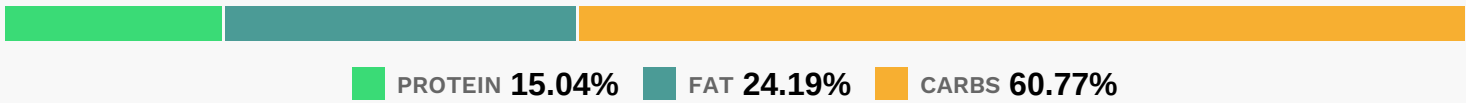
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 6 minutes. Reduce heat to medium; cook an additional 15 minutes or until deep golden brown.
- ☐ Remove from heat.
- ☐ Unroll dough onto a baking sheet coated with cooking spray. Pat dough into a 14 x 10-inch rectangle.
- ☐ Spread remaining 1 1/2 teaspoons oil over dough; sprinkle evenly with rosemary, pepper, and salt.
- ☐ Bake at 450 for 8 minutes.
- ☐ Sprinkle onion and cheese evenly over crust.
- ☐ Bake an additional 5 minutes or until golden brown and cheese melts. Cool on a wire rack 2 minutes; cut into 8 equal pieces.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.8939130312723%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 161.99kcal (8.1%), Fat: 4.41g (6.79%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.91g (8.69%), Sugar: 3.67g (4.07%), Cholesterol: 4.25mg (1.42%), Sodium: 490.69mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Iron: 1.44mg (7.98%), Calcium: 78.54mg (7.85%), Phosphorus: 47.72mg (4.77%), Fiber: 1.03g (4.14%), Selenium: 1.48µg (2.12%), Manganese: 0.04mg (1.87%), Vitamin B2: 0.03mg (1.47%), Zinc: 0.2mg (1.33%), Vitamin E: 0.2mg (1.32%), Vitamin C: 1.07mg (1.3%), Vitamin B12: 0.08µg (1.25%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 57.08IU (1.14%), Magnesium: 4.57mg (1.14%), Vitamin K: 1.12µg (1.07%)