



Cheesy onion pizza

READY IN



20 min.

SERVINGS



2

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tbsp olive oil
- 2 onion red sliced
- 1 tsp balsamic vinegar
- 2 servings uncook pizza crust
- 100 g goat cheese sliced

Equipment

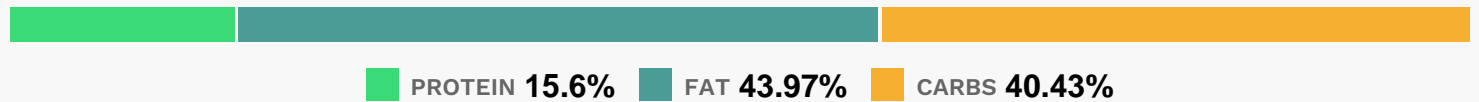
- frying pan
- baking sheet

oven

Directions

- Heat oven to 220C/fan 200C/gas
- Heat a non-stick frying pan over a medium heat and add the oil. Cook the onions with the lid on for 10 mins, stirring every now and again, until soft and caramelised. Stir in the balsamic vinegar. Season well.
- Put the pizza base on a baking sheet. Spoon the caramelised onions over the base and top with slices of goats cheese.
- Bake in the oven for 5-8 mins, until the goats cheese has melted and the base is crisp.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.49, Inflammation Score:-6, Nutrition Score:8.1652174514273%

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: 5.51mg, 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: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 420.21kcal (21.01%), Fat: 20.65g (31.76%), Saturated Fat: 9.8g (61.24%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 39.86g (14.49%), Sugar: 6.5g (7.22%), Cholesterol: 23mg (7.67%), Sodium: 539.15mg (23.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Copper: 0.41mg (20.48%), Iron: 3.03mg (16.86%), Phosphorus: 160.4mg (16.04%), Calcium: 156.08mg (15.61%), Vitamin B2: 0.22mg (12.92%), Vitamin B6: 0.26mg (12.85%), Fiber: 2.87g (11.47%), Vitamin A: 518.7IU (10.37%), Vitamin C: 8.14mg (9.87%), Manganese: 0.2mg (9.77%), Vitamin E: 1.12mg (7.47%), Folate: 26.9µg (6.72%), Vitamin B1: 0.09mg (5.71%), Vitamin K: 5.55µg (5.29%), Potassium: 176.64mg (5.05%), Magnesium: 19.32mg (4.83%), Vitamin B5: 0.48mg (4.75%), Zinc: 0.65mg (4.33%), Selenium: 1.95µg (2.79%), Vitamin B3: 0.34mg (1.71%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)