



Eat For Eight Bucks: Smoked Mozzarella Pizza with Radicchio and Onion Jam

READY IN



45 min.

SERVINGS



2

CALORIES



1120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion spanish halved thinly sliced
- ☐ 1 large ball pizza dough
- ☐ 1 medium head radicchio thinly thick cut into ½ inch wedges
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound mozzarella cheese smoked shredded
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

- ☐ 0.3 cup wine
- ☐ 1 tablespoons citrus champagne vinegar

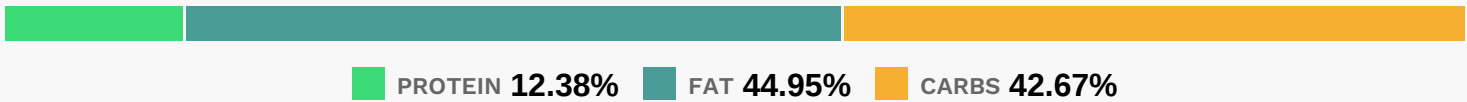
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine the onion, butter, sugar, and salt in a small saucepan with a lid.
- ☐ Saute over medium-low heat, covered, for 20 minutes, stirring occasionally. Uncover, add the wine and vinegar and continue to cook over medium heat, stirring slightly more frequently, until there is no liquid left and the onions are soft and caramelized, about 25 minutes.
- ☐ Let the jam come to room temperature, then transfer to an airtight container and keep in the fridge for up to 3 weeks.
- ☐ Roast the radicchio: Adjust oven rack to middle position and preheat oven to 450°F. Toss the radicchio with 2 tablespoons of olive oil and season with salt and pepper. Arrange on a parchment-lined baking sheet and roast in the oven until wilted and cooked through, about 15 minutes. Set aside. (This can be done 1 day ahead).
- ☐ Raise the oven heat to 500°F. Divide the pizza dough in half and roll or stretch each into thin disks.
- ☐ Brush the dough with the remaining olive oil.
- ☐ Sprinkle the cheese over the pizzas, dot with onion jam, and arrange the radicchio on top.
- ☐ Bake in the oven for about 10 minutes, until the pizzas are crusty.
- ☐ Cut into slices, or serve each individually on plates.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:10.08, Inflammation Score:-9, Nutrition Score:22.846521771472%

Flavonoids

Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 53.21mg, Luteolin: 53.21mg, Luteolin: 53.21mg, Luteolin: 53.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 55.29mg, Quercetin: 55.29mg, Quercetin: 55.29mg, Quercetin: 55.29mg

Nutrients (% of daily need)

Calories: 1120.17kcal (56.01%), Fat: 55.76g (85.78%), Saturated Fat: 21.64g (135.28%), Carbohydrates: 119.08g (39.69%), Net Carbohydrates: 113.95g (41.44%), Sugar: 28.34g (31.49%), Cholesterol: 89.82mg (29.94%), Sodium: 2215.33mg (96.32%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 34.56g (69.13%), Vitamin K: 372.7µg (354.95%), Vitamin E: 6.67mg (44.45%), Calcium: 428.04mg (42.8%), Iron: 6.77mg (37.6%), Phosphorus: 348.93mg (34.89%), Vitamin B12: 1.75µg (29.12%), Copper: 0.51mg (25.62%), Folate: 100.46µg (25.12%), Zinc: 3.22mg (21.48%), Selenium: 14.63µg (20.9%), Fiber: 5.13g (20.51%), Vitamin C: 15.31mg (18.55%), Vitamin A: 899.81IU (18%), Potassium: 588.65mg (16.82%), Vitamin B2: 0.28mg (16.44%), Manganese: 0.33mg (16.36%), Magnesium: 42.41mg (10.6%), Vitamin B6: 0.19mg (9.46%), Vitamin B5: 0.58mg (5.8%), Vitamin B1: 0.07mg (4.84%), Vitamin D: 0.51µg (3.42%), Vitamin B3: 0.54mg (2.69%)