



 **5%**
HEALTH SCORE

Grilled Pizza with Asparagus and Caramelized Onion

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups asparagus (2-inch) ()
- 0.3 teaspoon pepper black freshly ground
- 3 ounces fontina shredded
- 1 tablespoon olive oil extra virgin extra-virgin divided
- 2 cups onion vertically sliced
- 1.5 teaspoons oregano fresh
- 8 ounce pizza dough fresh
- 0.1 teaspoon salt

1 tablespoon sun-dried olives thinly sliced

Equipment

frying pan

grill

Directions

Prepare grill to medium-high heat.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.

Add onion to pan; saut 5 minutes. Reduce heat to medium-low; cook 5 minutes or until browned.

Add asparagus to pan; cook 5 minutes or until asparagus is crisp-tender. Stir in tomatoes and salt.

Roll dough into a 12-inch circle on a lightly floured surface; brush each side of dough with 1/2 teaspoon remaining oil.

Place dough on a grill rack; grill 1 1/2 minutes or until crust bubbles and is well marked. Reduce grill heat to low; turn dough over. Arrange onion mixture over crust; sprinkle evenly with cheese. Cover and grill over low heat 3 1/2 minutes or until cheese melts; remove pizza from grill.

Sprinkle with oregano and black pepper.

Nutrition Facts



PROTEIN 15.84% FAT 34.74% CARBS 49.42%

Properties

Glycemic Index:19.13, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:5.4608695999436%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg, Isorhamnetin: 3.91mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 152.03kcal (7.6%), Fat: 6.05g (9.31%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 17.31g (6.29%), Sugar: 4.5g (5%), Cholesterol: 12.33mg (4.11%), Sodium: 329.43mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin K: 18.13µg (17.27%), Iron: 1.8mg (10.01%), Calcium: 82.7mg (8.27%), Fiber: 2.06g (8.24%), Vitamin A: 363.3IU (7.27%), Manganese: 0.14mg (7.22%), Phosphorus: 68.68mg (6.87%), Folate: 26.98µg (6.75%), Vitamin C: 5.09mg (6.17%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.74mg (4.91%), Vitamin B1: 0.07mg (4.84%), Copper: 0.09mg (4.68%), Vitamin B6: 0.09mg (4.67%), Potassium: 159.89mg (4.57%), Zinc: 0.64mg (4.3%), Selenium: 2.57µg (3.67%), Magnesium: 12.51mg (3.13%), Vitamin B12: 0.18µg (2.98%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.2mg (2.04%)