



Onion, Cheese and Almond Focaccia

READY IN



25 min.

SERVINGS



16

CALORIES



162 kcal

Ingredients

- ☐ 14 oz uncook pizza crust italian (12 inch)
- ☐ 0.3 cup dijon honey mustard
- ☐ 2 tablespoons butter
- ☐ 1 cup onion chopped
- ☐ 8 oz gouda cheese smoked shredded
- ☐ 0.5 cup almonds sliced

Equipment

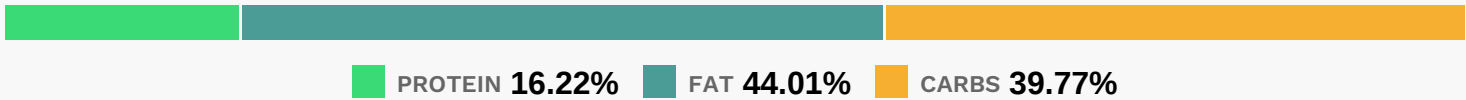
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Place pizza crust on ungreased cookie sheet.
- ☐ Spread with mustard.
- ☐ In 10-inch skillet, melt butter over medium-high heat. Cook onions in butter, stirring occasionally, until tender.
- ☐ Spoon onions evenly onto pizza crust.
- ☐ Sprinkle with cheese and almonds.
- ☐ Bake 15 to 20 minutes or until cheese is melted.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:3.1813043330027%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 161.72kcal (8.09%), Fat: 7.86g (12.1%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.08g (5.48%), Sugar: 2.28g (2.53%), Cholesterol: 16.16mg (5.39%), Sodium: 290.51mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Calcium: 132.33mg (13.23%), Phosphorus: 94.53mg (9.45%), Vitamin E: 0.83mg (5.51%), Vitamin B2: 0.08mg (4.91%), Iron: 0.84mg (4.65%), Zinc: 0.66mg (4.4%), Manganese: 0.08mg (4.01%), Vitamin B12: 0.22µg (3.67%), Fiber: 0.9g (3.62%), Magnesium: 12.93mg (3.23%), Selenium: 2.22µg (3.18%), Vitamin A: 142.63IU (2.85%), Copper: 0.04mg (1.93%), Folate: 6.16µg (1.54%),

Potassium: 53.56mg (1.53%), Vitamin B6: 0.03mg (1.37%)