



Onion Pissaladière

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 fillet anchovy canned drained in oil
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup niçoise olives pitted coarsely chopped
- ☐ 13.8 ounce pizza dough refrigerated canned
- ☐ 10 cup vidalia sweet thinly sliced (4 large)

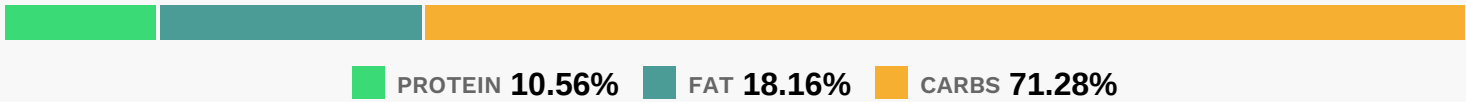
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion and anchovies to pan. Cover and cook for 25 minutes or until onion is very tender, stirring occasionally. Uncover and cook 10 minutes or until onion is golden brown, stirring often. Stir in 2 teaspoons thyme and pepper. Keep warm.
- ☐ Preheat oven to 40
- ☐ Press dough into a 15 x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 15 minutes or until lightly browned.
- ☐ Remove from oven. Arrange onion mixture evenly over crust; top with olives.
- ☐ Cut into squares.
- ☐ Garnish with thyme sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:5.2795651950266%

Flavonoids

Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 29.04mg, Quercetin: 29.04mg, Quercetin: 29.04mg, Quercetin: 29.04mg

Nutrients (% of daily need)

Calories: 210.69kcal (10.53%), Fat: 4.39g (6.76%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 36g (13.09%), Sugar: 13.1g (14.56%), Cholesterol: 0.85mg (0.28%), Sodium: 494.11mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Vitamin B6: 0.27mg (13.28%), Vitamin C: 10.4mg (12.61%), Folate: 46.53µg (11.63%), Fiber: 2.81g (11.22%), Iron: 2.02mg (11.21%), Manganese: 0.17mg (8.48%),

Potassium: 249.7mg (7.13%), Copper: 0.13mg (6.29%), Phosphorus: 57.37mg (5.74%), Vitamin B1: 0.08mg (5.62%), Magnesium: 20.22mg (5.05%), Calcium: 47.56mg (4.76%), Vitamin E: 0.54mg (3.6%), Vitamin B2: 0.05mg (2.73%), Selenium: 1.73µg (2.48%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.3mg (1.98%), Vitamin K: 1.96µg (1.86%)