



Pissaladiere

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups flour
- ☐ 16 fillet anchovy
- ☐ 1 small bay leaves
- ☐ 1 tablespoon capers drained
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 3 garlic clove finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 20 olives
- ☐ 8 cups onion thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted chilled ()
- ☐ 2 tablespoons water ()

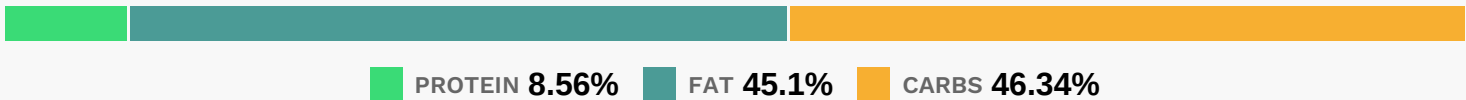
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix flour and salt in processor.
- ☐ Add butter and oil. Using on/off turns, process until mixture resembles coarse meal. Using on/off turns, mix in enough water 1 tablespoon at a time to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 2 hours.
- ☐ Heat oil in heavy large skillet over medium-low heat.
- ☐ Add onions, garlic, bay leaf and thyme; stir to blend. Cover and cook until onions are very tender, stirring occasionally, about 45 minutes. Uncover and sauté until most liquid evaporates and onions are golden, about 10 minutes longer. Stir in capers. Season mixture with salt and pepper. Cool completely; discard bay leaf. (Dough and filling can be prepared 1 day ahead. Keep dough chilled. Cover and chill filling.
- ☐ Let dough soften slightly at room temperature before rolling out.)
- ☐ Preheat oven to 425°F. Lightly oil large baking sheet.
- ☐ Roll out dough on floured surface to 11-inch round.
- ☐ Transfer dough to prepared sheet. Crimp edges of dough to form stand-up border.
- ☐ Spread filling evenly over dough. Arrange olives and anchovies decoratively atop filling.
- ☐ Bake pissaladière until crust is crisp and golden, about 30 minutes.
- ☐ Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:18.93, Inflammation Score:-9, Nutrition Score:11.80608686416%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 45.63mg, Quercetin: 45.63mg, Quercetin: 45.63mg, Quercetin: 45.63mg

Nutrients (% of daily need)

Calories: 346.06kcal (17.3%), Fat: 17.72g (27.27%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 36.08g (13.12%), Sugar: 9.21g (10.24%), Cholesterol: 26.74mg (8.91%), Sodium: 460.58mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Manganese: 0.49mg (24.72%), Folate: 90.36µg (22.59%), Vitamin B1: 0.32mg (21.01%), Vitamin C: 16.85mg (20.43%), Selenium: 14.23µg (20.33%), Fiber: 4.89g (19.58%), Vitamin B3: 3.34mg (16.71%), Vitamin B6: 0.31mg (15.37%), Vitamin B2: 0.22mg (13.11%), Vitamin E: 1.87mg (12.45%), Iron: 2.22mg (12.36%), Phosphorus: 114.16mg (11.42%), Potassium: 396.83mg (11.34%), Copper: 0.17mg (8.65%), Magnesium: 34.51mg (8.63%), Calcium: 82.93mg (8.29%), Vitamin A: 317.21IU (6.34%), Vitamin K: 6.36µg (6.06%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.08µg (1.37%)