



Pizza with Caramelized Fennel, Onion, and Olives

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons yeast dry
- ☐ 4 cups fennel bulb thinly sliced (4 small bulbs)
- ☐ 2 cups flour all-purpose divided
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onion thinly sliced
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 1 cup bottled tomato-basil pasta sauce (such as Classico)
- ☐ 0.7 cup warm water (100° to 110°)
- ☐ 2 teaspoons cornmeal yellow

Equipment

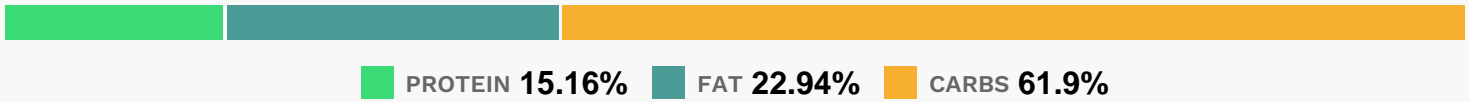
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ blender
- ☐ measuring cup

Directions

- ☐ To prepare dough, dissolve yeast in warm water in a large bowl, and let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 3/4 cups flour and salt, and beat with a mixer at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into the dough. If an indentation remains, dough has risen enough.) Punch dough down; knead 5 times, and let rest for 15 minutes.
- ☐ Roll dough into a 12-inch circle on a floured surface.

- ☐ Place dough on a (12-inch) pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ To prepare the topping, heat the oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the fennel and the next 5 ingredients (fennel through black pepper), and cook for 20 minutes or until golden, stirring frequently.
- ☐ Preheat oven to 45
- ☐ Spread sauce over crust, leaving a 1/2-inch border; sprinkle with fennel mixture, cheese, and olives.
- ☐ Bake at 450 for 18 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:25.5, Inflammation Score:-7, Nutrition Score:14.650434747986%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 288.4kcal (14.42%), Fat: 7.39g (11.37%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 39.84g (14.49%), Sugar: 6.41g (7.12%), Cholesterol: 12.1mg (4.03%), Sodium: 511.83mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Vitamin K: 39.92µg (38.02%), Folate: 122.66µg (30.67%), Vitamin B1: 0.45mg (30%), Selenium: 17.68µg (25.26%), Manganese: 0.49mg (24.55%), Calcium: 208.02mg (20.8%), Fiber: 5.03g (20.1%), Vitamin B2: 0.33mg (19.35%), Phosphorus: 183.99mg (18.4%), Vitamin B3: 3.26mg (16.31%), Iron: 2.8mg (15.56%), Vitamin C: 11.93mg (14.46%), Potassium: 459.61mg (13.13%), Magnesium: 31.19mg (7.8%), Zinc: 1.11mg (7.42%), Copper: 0.14mg (7.1%), Vitamin B6: 0.14mg (7.08%), Vitamin E: 0.97mg (6.47%), Vitamin A: 320.26IU (6.41%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.16µg (2.59%)