



Pizza with Caramelized Onions and Ripe Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cornmeal
- 0.5 cup dry-cured olives pitted ripe
- 0.3 cup filippo berio olive oil plus some for the pan
- 2 large onions sliced
- 0.3 teaspoon oregano dried
- 0.3 teaspoon salt

Equipment

- frying pan
- oven
- wire rack
- pizza pan
- plastic wrap
- rolling pin

Directions

- Coat a 14- or 15-inch round pizza pan with oil.
- Sprinkle with the cornmeal; set aside. Punch down the dough and place on a lightly floured work surface to sit for 5 minutes. With lightly floured hands or rolling pin, pat or roll into a 15- or 16-inch circle.
- Transfer to the prepared pan. Fold the edges to make a rounded border. Cover with plastic wrap and set aside for about 15 minutes, or until slightly risen.
- Preheat the oven to 450 degrees F.
- Place a large saute pan over high heat.
- Add the oil and heat.
- Add the onions. Stir. Cover the pan and cook for 2 to 3 minutes or until the onions start to brown. Stir. Reduce the heat to medium. Cook, stirring occasionally, for about 10 minutes, or until browned.
- Add the salt and oregano.
- Spread the onions over the prepared crust.
- Sprinkle with the olives.
- Bake for about 15 minutes or until the crust is golden.
- Remove to a cooling rack for 5 minutes.

Nutrition Facts

  

 PROTEIN 2.64%  FAT 77.23%  CARBS 20.13%

Properties

Glycemic Index:16.75, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:2.4721739110739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 122.49kcal (6.12%), Fat: 10.87g (16.73%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.21g (2.46%), Cholesterol: 0mg (0%), Sodium: 274.66mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin E: 1.76mg (11.71%), Vitamin K: 6.3µg (6%), Fiber: 1.41g (5.65%), Vitamin C: 3.7mg (4.49%), Manganese: 0.08mg (3.98%), Vitamin B6: 0.07mg (3.71%), Folate: 10.6µg (2.65%), Potassium: 84.25mg (2.41%), Magnesium: 8.25mg (2.06%), Vitamin B1: 0.03mg (2.03%), Calcium: 18.93mg (1.89%), Copper: 0.04mg (1.88%), Phosphorus: 18.82mg (1.88%), Iron: 0.29mg (1.62%)