



## Pizza with Caramelized Onions, Feta, and Olives

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 cups caramelized onions uncooked
- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 tablespoon skim milk fat-free
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove minced

- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 teaspoon sugar
- ☐ 0.3 cup water (105° to 115°)
- ☐ 0.3 cup water

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

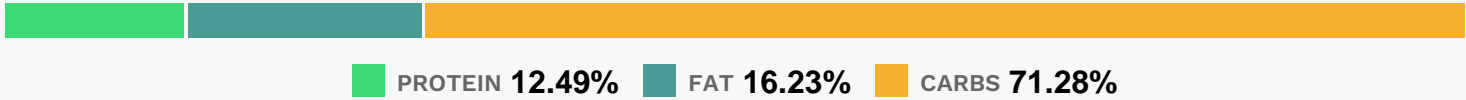
## Directions

- ☐ Dissolve yeast and sugar in warm water in a small bowl, and let stand 5 minutes. Stir in cool water, milk, and olive oil. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour and 1/4 teaspoon salt in a food processor, and pulse 2 times or until blended. With processor on, slowly add yeast mixture through food chute, and process until dough forms a ball. Process dough an additional minute. Turn dough out onto a lightly floured surface, and knead lightly 4 to 5 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Preheat oven to 45
- ☐ Punch dough down; cover and let rest 15 minutes.
- ☐ Roll dough into a 14-inch circle on a lightly floured surface.
- ☐ Place dough on a 15-inch pizza pan or baking sheet sprinkled with cornmeal.

- ☐
- Combine Caramelized Onions, 1/4 teaspoon salt, pepper, and garlic.

☐☐☐

## Nutrition Facts



## Properties

Glycemic Index:60.47, Glycemic Load:30.63, Inflammation Score:-9, Nutrition Score:17.620434582233%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 15.76mg, Isorhamnetin: 15.76mg, Isorhamnetin: 15.76mg, Isorhamnetin: 15.76mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 63.89mg, Quercetin: 63.89mg, Quercetin: 63.89mg, Quercetin: 63.89mg

## Nutrients (% of daily need)

Calories: 354.3kcal (17.72%), Fat: 6.51g (10.01%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 64.34g (21.45%), Net Carbohydrates: 57.18g (20.79%), Sugar: 13.81g (15.34%), Cholesterol: 16.9mg (5.63%), Sodium: 513.37mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Folate: 170.2µg (42.55%), Vitamin B1: 0.64mg (42.53%), Manganese: 0.73mg (36.46%), Vitamin B2: 0.5mg (29.58%), Fiber: 7.16g (28.65%), Vitamin C: 23.44mg (28.42%), Selenium: 18.9µg (27%), Vitamin B6: 0.51mg (25.65%), Phosphorus: 214.92mg (21.49%), Calcium: 180.57mg (18.06%), Vitamin B3: 3.54mg (17.72%), Iron: 2.84mg (15.79%), Potassium: 541.92mg (15.48%), Magnesium: 48.06mg (12.01%), Copper: 0.21mg (10.56%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.33µg (5.58%), Vitamin E: 0.44mg (2.93%), Vitamin A: 113.76IU (2.28%), Vitamin K: 2.36µg (2.24%)