



Red Onion, Potato, and Goat Cheese Pizza

READY IN



39 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornmeal
- ☐ 7 ounces fingerling potatoes (5 potatoes)
- ☐ 1.5 teaspoons thyme leaves fresh
- ☐ 1 garlic clove minced
- ☐ 3 ounces goat cheese crumbled
- ☐ 1 teaspoon olive oil
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 13.8 ounce pizza crust dough refrigerated canned
- ☐ 1 medium onion red cut into 1/2-inch-thick slices

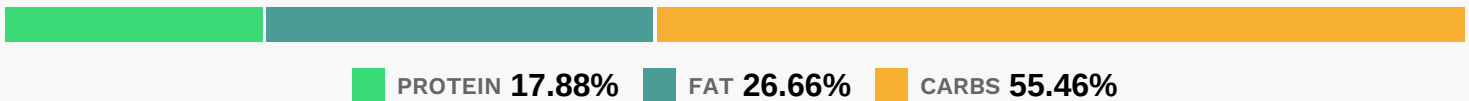
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 450
- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Cook 10 minutes or until just tender; drain. Cool slightly; cut potatoes crosswise into 1/4-inch slices.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan, and saut 8 minutes or until tender.
- ☐ Roll dough out on a lightly floured surface to a 14 x 10inch rectangle.
- ☐ Sprinkle cornmeal over a large baking sheet; place dough on baking sheet.
- ☐ Sprinkle mozzarella evenly over dough. Arrange potatoes and onion over mozzarella; top evenly with goat cheese and garlic.
- ☐ Bake in lower third of oven at 450 for 15 minutes or until browned.
- ☐ Sprinkle with thyme; cut into 12 pieces.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:6.3808695855348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 298.57kcal (14.93%), Fat: 8.94g (13.75%), Saturated Fat: 4.63g (28.91%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 39.42g (14.34%), Sugar: 5.47g (6.08%), Cholesterol: 18.62mg (6.21%), Sodium: 643.57mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Calcium: 178.96mg (17.9%), Phosphorus: 156.76mg (15.68%), Iron: 2.57mg (14.26%), Vitamin C: 8.83mg (10.7%), Vitamin B6: 0.2mg (9.79%), Fiber: 2.41g (9.64%), Copper: 0.16mg (8.18%), Vitamin B2: 0.13mg (7.8%), Manganese: 0.13mg (6.43%), Zinc: 0.9mg (5.98%), Potassium: 201.36mg (5.75%), Vitamin A: 262.16IU (5.24%), Magnesium: 20.55mg (5.14%), Selenium: 3.58µg (5.11%), Vitamin B1: 0.06mg (3.96%), Folate: 13.55µg (3.39%), Vitamin B12: 0.18µg (3.03%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 1.68µg (1.6%), Vitamin E: 0.17mg (1.12%)