



Roasted-Onion Tart with Maytag Blue Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 2.5 ounces cheese blue crumbled
- ☐ 0.3 teaspoon thyme dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 large garlic clove peeled halved
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon kosher salt

- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 0.5 pound shallots peeled halved
- ☐ 1 medium onion sweet peeled
- ☐ 1 tablespoon cornmeal yellow

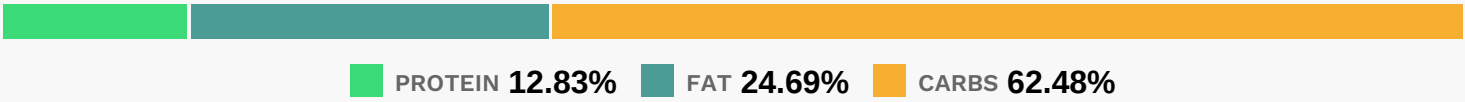
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Cut onion into 8 wedges, leaving root intact.
- ☐ Place onion wedges, shallots, and garlic in a 13 x 9-inch baking dish.
- ☐ Combine balsamic vinegar, butter, honey, and thyme in a small bowl, and drizzle over onion mixture, tossing to coat.
- ☐ Bake at 425 for 30 minutes or until tender, stirring occasionally.
- ☐ Line a baking sheet with parchment paper, and secure with masking tape.
- ☐ Sprinkle paper with cornmeal. Unroll dough onto paper; let stand 5 minutes. Pat dough into a 14 x 12-inch rectangle. Arrange onion mixture over dough, leaving a 1-inch border.
- ☐ Sprinkle evenly with salt and pepper. Fold edges of the dough over onion mixture (dough will not completely cover onion mixture).
- ☐ Sprinkle with cheese.
- ☐ Bake at 425 for 15 minutes or until lightly browned. Cool on baking sheet 10 minutes on a wire rack.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:92.94, Glycemic Load:6.78, Inflammation Score:-7, Nutrition Score:9.8917390807815%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

Nutrients (% of daily need)

Calories: 372.43kcal (18.62%), Fat: 10.45g (16.08%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 55.35g (20.13%), Sugar: 17.89g (19.88%), Cholesterol: 20.81mg (6.94%), Sodium: 902.37mg (39.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin B6: 0.44mg (22.16%), Manganese: 0.43mg (21.44%), Iron: 3.33mg (18.52%), Vitamin K: 19.39µg (18.46%), Fiber: 4.14g (16.56%), Calcium: 152.86mg (15.29%), Vitamin C: 12.23mg (14.82%), Phosphorus: 146.39mg (14.64%), Folate: 47.67µg (11.92%), Potassium: 396.83mg (11.34%), Magnesium: 30.63mg (7.66%), Selenium: 4.96µg (7.08%), Copper: 0.14mg (7.08%), Zinc: 1.01mg (6.72%), Vitamin B2: 0.11mg (6.49%), Vitamin B1: 0.1mg (6.48%), Vitamin A: 314.41IU (6.29%), Vitamin B5: 0.63mg (6.25%), Vitamin B12: 0.22µg (3.7%), Vitamin B3: 0.54mg (2.72%), Vitamin E: 0.19mg (1.3%)