



Three-Cheese Pizza with Caramelized Onions and Pimientos

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces fontina sliced thin
- ☐ 3 tablespoons olive oil
- ☐ 4 large onions cut into thin slices (4 pounds in all)
- ☐ 2 tablespoons parmesan grated
- ☐ 0.5 cup pimientos drained sliced (two 4-ounce jars)
- ☐ 1.5 cups roquefort blue crumbled
- ☐ 0.5 teaspoon salt
- ☐ 24 inch pizza shells such as boboli store-bought

☐ 1 teaspoon red-wine vinegar

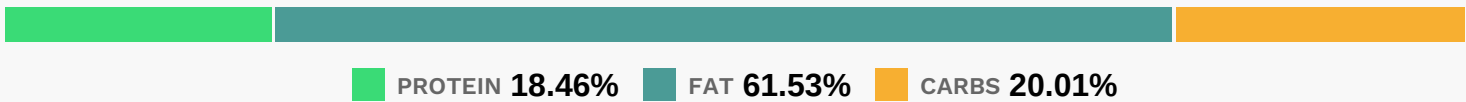
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 42
- ☐ In a small glass or stainless-steel bowl, combine the pimientos with the vinegar and set aside.
- ☐ In a large nonstick frying pan, heat the oil over moderate heat.
- ☐ Add the onions and salt and cook, stirring frequently, until golden, about 20 minutes.
- ☐ Remove from the heat and stir in the pimiento mixture.
- ☐ Divide the onion mixture between the 2 pizza shells. Top each with half of the fontina, Roquefort, and Parmesan.
- ☐ Bake the pizzas directly on the oven rack (for a crisper crust) or on two baking sheets until the cheese melts, about 15 minutes.
- ☐ Wine Recommendation: The cheeses and sweet onions call to mind sangiovese's crisp cherry and herb flavors and high acidity. For a change, opt for a lesser-known Sangiovese di Romagna instead of Chianti.
- ☐ Notes: If you prefer to start with store-bought pizza dough or your own homemade dough, simply follow the instructions in Step 1 of the recipe for Mushroom, Zucchini, and Swiss-Cheese Pizza, to prebake the crust before topping it.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:8.61, Inflammation Score:-9, Nutrition Score:18.867391285689%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 570.24kcal (28.51%), Fat: 39.37g (60.57%), Saturated Fat: 19.61g (122.56%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.23g (9.17%), Sugar: 8.5g (9.44%), Cholesterol: 89mg (29.67%), Sodium: 1264.42mg (54.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.15%), Calcium: 570.52mg (57.05%), Phosphorus: 437.85mg (43.78%), Vitamin C: 36.07mg (43.72%), Selenium: 24.5µg (35%), Vitamin A: 1434.24IU (28.68%), Zinc: 3.43mg (22.87%), Vitamin B12: 1.36µg (22.7%), Vitamin B2: 0.36mg (20.92%), Vitamin B6: 0.39mg (19.32%), Manganese: 0.37mg (18.38%), Fiber: 3.59g (14.36%), Folate: 53.87µg (13.47%), Vitamin E: 2.01mg (13.38%), Vitamin B5: 1.32mg (13.22%), Potassium: 459.07mg (13.12%), Vitamin K: 11.75µg (11.19%), Magnesium: 43.51mg (10.88%), Iron: 1.35mg (7.5%), Vitamin B1: 0.11mg (7.49%), Copper: 0.15mg (7.45%), Vitamin B3: 1.2mg (6%), Vitamin D: 0.52µg (3.47%)