



Tortilla Pizza with Onions, Mushrooms, and Ricotta

 Vegetarian

READY IN



30 min.

SERVINGS



1

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil extra virgin plus more for brushing on tortilla and pan
- 1 small onion red halved thinly sliced sliced
- 1 pinch sugar
- 1 teaspoon balsamic vinegar
- 2 large flour tortilla (sandwich wraps)
- 0.5 cup asiago cheese shredded
- 0.7 cup ricotta cheese

- 4 crimini mushrooms trimmed thinly sliced
- 1 serving pepper black freshly ground

Equipment

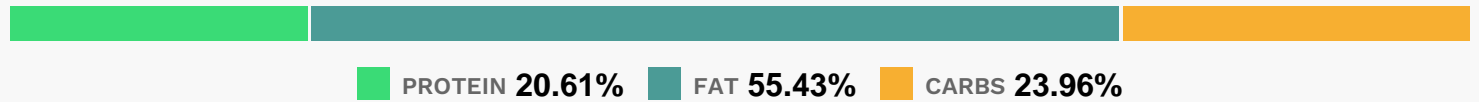
- frying pan
- baking sheet
- oven
- knife
- pizza cutter

Directions

- Preheat oven:
- Place racks in the upper and lower thirds of the oven. Preheat the oven to 450°F.
- Heat 1 Tbsp olive oil in a small sauté pan on medium high heat.
- Add the sliced onions and cook, stirring occasionally, until the onions begin to soften.
- Add a pinch of sugar and the balsamic vinegar, cook for a few more minutes until the onions are thoroughly softened and translucent.
- Remove from heat.
- Brush sheet pan and tortillas with olive oil:
- Brush a sheet pan with olive oil.
- Place a tortilla on each baking sheet and brush each with olive oil.
- Sprinkle tortillas with cheese, mushrooms, onions:
- Sprinkle each tortilla with half a cup of shredded Asiago cheese.
- Add bits of ricotta cheese, 1/4 cup for each tortilla.
- Sprinkle with mushrooms and with the slightly caramelized onions.
- Sprinkle with a little salt and pepper.
- Bake:
- Place the baking sheets in the oven.

- Bake until the crust is crisp and brown all over, about 10 minutes (the time varies, depending on the oven), rotating the sheet pans and swapping out their positions on the racks halfway through the cooking to ensure even baking.
- Cut with a pizza cutter or a knife.

Nutrition Facts



Properties

Glycemic Index:267.09, Glycemic Load:14.56, Inflammation Score:-9, Nutrition Score:32.111739013506%

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 861.14kcal (43.06%), Fat: 53.37g (82.1%), Saturated Fat: 25.66g (160.39%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 47.43g (17.25%), Sugar: 10.86g (12.07%), Cholesterol: 118.32mg (39.44%), Sodium: 1392.14mg (60.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.66g (89.31%), Calcium: 1063.48mg (106.35%), Selenium: 69.96µg (99.95%), Phosphorus: 860.83mg (86.08%), Vitamin B2: 1.08mg (63.51%), Vitamin B1: 0.47mg (31.3%), Zinc: 4.68mg (31.22%), Vitamin B3: 6.13mg (30.64%), Folate: 120.66µg (30.16%), Manganese: 0.59mg (29.56%), Copper: 0.56mg (27.94%), Potassium: 820.69mg (23.45%), Vitamin A: 1128.98IU (22.58%), Iron: 3.89mg (21.62%), Vitamin B12: 1.24µg (20.7%), Vitamin B5: 2.01mg (20.14%), Vitamin B6: 0.37mg (18.61%), Magnesium: 72.36mg (18.09%), Fiber: 4.48g (17.9%), Vitamin E: 2.34mg (15.59%), Vitamin K: 16.02µg (15.26%), Vitamin C: 8.14mg (9.87%), Vitamin D: 0.66µg (4.4%)