



Vidalia Onion Tomato Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 4.3 cups flour all-purpose
- 3 tablespoons olive oil divided
- 10 ounces part-skim mozzarella cheese shredded
- 30 ounces tomato sauce divided canned
- 0.5 teaspoon salt
- 6 ounces cheddar cheese shredded
- 0.5 teaspoon sugar

- 4 medium tomatoes thinly sliced
- 2 large onion sweet thinly sliced
- 1.5 cups water (110° to 115°)

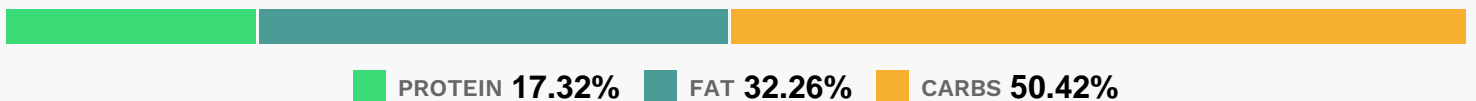
Equipment

- bowl
- frying pan
- oven

Directions

- In a bowl, dissolve yeast and sugar in warm water.
- Add 2 tablespoons oil, salt and enough flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide in half. Press dough onto the bottom and 1 in. up the sides of two greased 14-in. pizza pans.
- Spread 3/4 cup pizza sauce over each.
- Bake at 450° for 5 minutes.
- Meanwhile, in a skillet, saute onions in remaining oil until tender.
- Arrange tomato slices over pizzas.
- Combine cheeses; sprinkle over tomatoes. Top with onions.
- Bake 10–15 minutes longer or until cheese is melted. Warm remaining pizza sauce; serve with pizza.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:20.07, Inflammation Score:-7, Nutrition Score:12.49999994817%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,
Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg,
Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg
Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 268.27kcal (13.41%), Fat: 9.68g (14.89%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 34.03g (11.34%),
Net Carbohydrates: 31.46g (11.44%), Sugar: 5.23g (5.81%), Cholesterol: 21.97mg (7.32%), Sodium: 510.75mg (22.21%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Selenium: 17.6µg (25.14%), Vitamin B1: 0.36mg
(24.12%), Calcium: 238.46mg (23.85%), Folate: 95.06µg (23.76%), Phosphorus: 203.01mg (20.3%), Vitamin B2:
0.33mg (19.66%), Manganese: 0.36mg (17.93%), Vitamin B3: 2.97mg (14.83%), Vitamin A: 678.47IU (13.57%), Iron:
2.35mg (13.07%), Vitamin C: 9.92mg (12.03%), Fiber: 2.57g (10.29%), Potassium: 343.55mg (9.82%), Vitamin E:
1.44mg (9.62%), Zinc: 1.38mg (9.18%), Vitamin B6: 0.17mg (8.59%), Copper: 0.16mg (8.23%), Magnesium: 29.94mg
(7.48%), Vitamin K: 6.26µg (5.97%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.26µg (4.3%)