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Onion Potato Pizza ♦

This pizza is topped with caramelized onions and thinly sliced potatoes, creating a delicious combination of flavors. It is perfect for a casual dinner or a party appetizer.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	pizza dough
200 g	onion
200 g	potato
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

1 tsp rosemary

50 g parmesan cheese

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough into a thin crust.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the onion and potato into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Sautéing

Heat olive oil in a pan over medium heat. Add the onions and cook until caramelized.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Spread the caramelized onions and sliced potatoes evenly over the pizza dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Sprinkling

Sprinkle salt, black pepper, and rosemary over the toppings.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake the pizza in the preheated oven for 15-20 minutes, or until the crust is golden and the potatoes are cooked through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Remove from the oven and sprinkle grated Parmesan cheese over the top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Cooling

Let the pizza cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Blanching

Sautéing

Roasting

Smoking

Freezing

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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