



## Bacon, Onion, and Mushroom Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 11 ounce bread dough refrigerated french canned
- 6 bacon crumbled cooked
- 8 ounce crimini mushrooms
- 0.3 cup parsley fresh finely chopped
- 1 tablespoon olive oil divided
- 2 cups onion vertically sliced ( 2 small)
- 3 ounces cheddar cheese shredded white
- 2 teaspoons cornmeal yellow

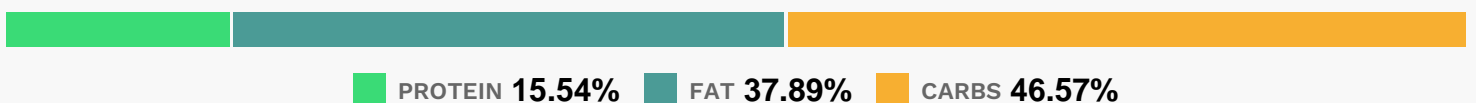
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- pizza pan

## Directions

- Find lengthwise seam in dough. Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface. Stretch dough into a 12-inch circle on a lightly floured surface; transfer to a round pizza pan or large baking sheet sprinkled with cornmeal.
- Preheat oven to 42
- Heat a large nonstick skillet over medium-high heat.
- Add olive oil to pan; swirl to coat.
- Add onion; saut 8 minutes, stirring occasionally.
- Place chopped onion in a bowl.
- Add cremini mushrooms to pan; saut 8 minutes or until liquid almost evaporates.
- Add mushrooms to onion mixture; toss.
- Spread onion mixture evenly over prepared dough, leaving a 1/4-inch border.
- Sprinkle evenly with white cheddar cheese and bacon.
- Bake at 425 for 15 minutes or until crust is lightly browned.
- Sprinkle with parsley.
- Cut into 12 wedges.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:10.070000099099%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

## Nutrients (% of daily need)

Calories: 281.41kcal (14.07%), Fat: 11.63g (17.9%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 29.88g (10.87%), Sugar: 2.99g (3.32%), Cholesterol: 22.09mg (7.36%), Sodium: 477.42mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.47%), Vitamin K: 42.96µg (40.91%), Selenium: 18.2µg (26.01%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 159.74mg (15.97%), Calcium: 123.68mg (12.37%), Vitamin B3: 2.39mg (11.97%), Copper: 0.23mg (11.41%), Fiber: 2.29g (9.17%), Potassium: 314.06mg (8.97%), Vitamin C: 7.27mg (8.81%), Zinc: 1.32mg (8.79%), Vitamin B6: 0.16mg (8.22%), Vitamin B5: 0.79mg (7.94%), Vitamin B1: 0.11mg (7.57%), Vitamin A: 356.66IU (7.13%), Manganese: 0.13mg (6.7%), Folate: 26.59µg (6.65%), Vitamin B12: 0.28µg (4.59%), Magnesium: 17.01mg (4.25%), Vitamin E: 0.51mg (3.41%), Iron: 0.55mg (3.05%), Vitamin D: 0.15µg (1.03%)