



Camp Pizza with Caramelized Onions, Sausage, and Fontina

READY IN



45 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces ground sausage italian
- ☐ 6 oz fontina shredded
- ☐ 1 tablespoon thyme sprigs dried fresh
- ☐ 3 tbsp olive oil
- ☐ 2 onion halved lengthwise thinly sliced
- ☐ 1 tablespoon oregano fresh
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper

- ☐ 1 uncook pizza crust such as boboli
- ☐ 0.5 cup tomato sauce homemade store-bought
- ☐ 0.3 teaspoon salt

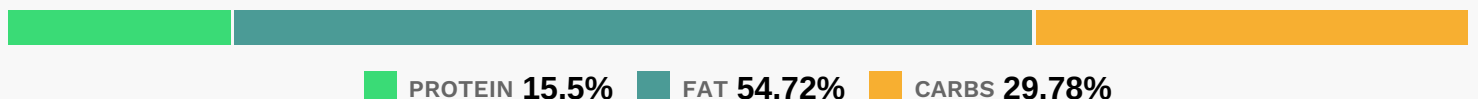
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

Directions

- ☐ Heat a charcoal grill to medium (about 350°F)
- ☐ or set up a camp stove and use medium heat. Warm a large heavy frying pan until hot, then oil bottom and sides. Toast pizza crust (cheesy side down, if there is one), pressing down on edges, until crunchy and golden on bottom, 4 to 5 minutes.
- ☐ Transfer to a cutting board.
- ☐ Stoke fire with 12 to 15 more briquets if using charcoal.
- ☐ Add 2 tbsp. oil to pan, then onions, sausage, salt, pepper, and thyme. Cook, stirring often, until onions are soft and medium golden brown, 8 to 12 minutes.
- ☐ Remove pan from heat. Scoop onion mixture into a bowl and wipe out pan.
- ☐ Brush pan with remaining oil. Fit pizza crust into pan with toasted side up. Spoon on pizza sauce and two-thirds of onion mixture, followed by cheeses, remaining onion mixture, and oregano. Return pan to heat. Cook, covered with lid or foil, until cheese begins to melt (check underside to be sure it doesn't burn), 3 to 5 minutes.
- ☐ Transfer pizza to board. Tent with foil to melt cheese completely, then slice.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:15.416521704715%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 769.68kcal (38.48%), Fat: 46.92g (72.18%), Saturated Fat: 18.7g (116.9%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 53.77g (19.55%), Sugar: 5.63g (6.26%), Cholesterol: 94.59mg (31.53%), Sodium: 1616.82mg (70.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.8%), Calcium: 400.92mg (40.09%), Selenium: 21.62µg (30.89%), Phosphorus: 271.62mg (27.16%), Iron: 4.72mg (26.21%), Vitamin B1: 0.37mg (24.5%), Vitamin B12: 1.26µg (21.07%), Zinc: 2.84mg (18.93%), Vitamin B6: 0.32mg (16.15%), Vitamin K: 16.52µg (15.74%), Vitamin E: 2.32mg (15.47%), Fiber: 3.7g (14.79%), Vitamin B2: 0.24mg (14.14%), Vitamin A: 648.67IU (12.97%), Manganese: 0.25mg (12.67%), Vitamin C: 10.18mg (12.34%), Vitamin B3: 2.37mg (11.84%), Potassium: 374.72mg (10.71%), Magnesium: 31.25mg (7.81%), Copper: 0.13mg (6.65%), Vitamin B5: 0.66mg (6.62%), Folate: 24.21µg (6.05%), Vitamin D: 0.27µg (1.78%)