

Camp Pizza with Caramelized Onions, Sausage, and Fontina



Ingredients

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

8 ounces ground sausage italian

	1 upopok pizzo orust such se boboli	
Ц	1 uncook pizza crust such as boboli	
Ш	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 35	
	or set up a camp stove and use medium heat. Warm a large heavy frying pan until hot, then of 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		

PROTEIN 15.5% FAT 54.72% CARBS 29.78%

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, 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: 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 %: O% (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%)