



Caramelized Onion and Crispy Pancetta Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 oz uncook pizza crust refrigerated thin canned
- ☐ 2.5 teaspoons olive oil
- ☐ 8 oz canadian bacon (italian-style chopped)
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper white
- ☐ 3 oz fontina shredded
- ☐ 4 oz monterrey jack cheese shredded

☐ 1 serving pepper black

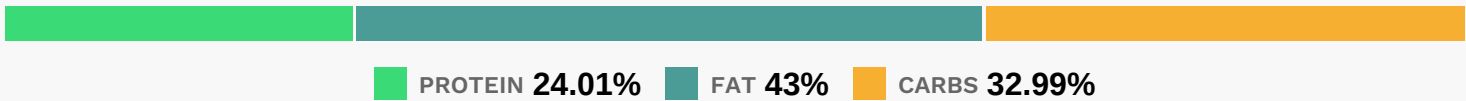
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 475°F. Spray cookie sheet with cooking spray. Unroll dough onto cookie sheet; starting at center, press dough into 15x10-inch rectangle.
- ☐ In large nonstick skillet, heat 1 teaspoon of the olive oil over medium-high heat; stir in pancetta. Cook and stir 2 minutes or until pancetta is crisp.
- ☐ Stir in onions, thyme, salt, and pepper; cook and stir over medium-low heat 20 minutes or until onions are browned, stirring frequently.
- ☐ Brush dough with the remaining 1 1/2 teaspoons olive oil; top with half of onion mixture, to within 1/2 inch of edges.
- ☐ Sprinkle cheeses over pizza and top with remaining onion mixture.
- ☐ Bake 8 to 10 minutes or until crust is crisp and cheese in center is melted.
- ☐ Sprinkle with black pepper.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:13.829565131146%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 530.76kcal (26.54%), Fat: 25.27g (38.88%), Saturated Fat: 12.9g (80.61%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 41.45g (15.07%), Sugar: 3.34g (3.72%), Cholesterol: 78.24mg (26.08%), Sodium: 1558.69mg (67.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.49%), Calcium: 421.1mg (42.11%), Phosphorus: 351.15mg (35.12%), Selenium: 21.58µg (30.83%), Vitamin B1: 0.45mg (30.26%), Vitamin B3: 3.67mg (18.35%), Iron: 3.2mg (17.8%), Zinc: 2.49mg (16.58%), Vitamin B12: 0.97µg (16.21%), Vitamin B2: 0.27mg (15.93%), Vitamin B6: 0.32mg (15.78%), Vitamin D: 1.89µg (12.57%), Vitamin A: 496.21IU (9.92%), Fiber: 2.17g (8.7%), Potassium: 301.27mg (8.61%), Vitamin C: 5.81mg (7.05%), Magnesium: 27.35mg (6.84%), Manganese: 0.12mg (5.78%), Vitamin B5: 0.5mg (5.02%), Folate: 17.06µg (4.27%), Vitamin E: 0.62mg (4.12%), Copper: 0.07mg (3.4%), Vitamin K: 2.97µg (2.83%)