



Caramelized Onion and Crispy Pancetta Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 0.5 teaspoon pepper white

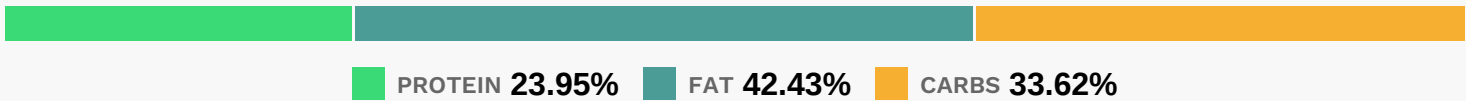
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 475F. 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:1.06, Inflammation Score:-9, Nutrition Score:13.555652276329%

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: 510.11kcal (25.51%), Fat: 24.15g (37.15%), Saturated Fat: 11.73g (73.31%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 40.88g (14.86%), Sugar: 7g (7.78%), Cholesterol: 78.24mg (26.08%), Sodium: 1708.94mg (74.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Phosphorus: 351.27mg (35.13%), Calcium: 350.56mg (35.06%), Selenium: 21.58µg (30.83%), Vitamin B1: 0.45mg (30.26%), Vitamin B3: 3.67mg (18.36%), Iron: 3.19mg (17.75%), Zinc: 2.49mg (16.58%), Vitamin B12: 0.97µg (16.21%), Vitamin B2: 0.27mg (15.94%), Vitamin B6: 0.32mg (15.79%), Vitamin D: 1.89µg (12.57%), Vitamin A: 496.62IU (9.93%), Fiber: 2.19g (8.74%), Potassium: 302.27mg (8.64%), Vitamin C: 5.81mg (7.05%), Magnesium: 27.47mg (6.87%), Manganese: 0.13mg (6.25%), Vitamin B5: 0.5mg (5.03%), Folate: 17.08µg (4.27%), Vitamin E: 0.62mg (4.13%), Copper: 0.07mg (3.45%), Vitamin K: 3.09µg (2.94%)