



Caramelized Onion and Prosciutto Pizza

READY IN



95 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion vertically sliced
- ☐ 2 cups part-skim mozzarella cheese shredded
- ☐ 8 ounce pizza dough
- ☐ 0.5 cup pizza sauce
- ☐ 3 ounces pancetta thinly sliced
- ☐ 1 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Place Pizza Dough on a large sheet of parchment paper. Cover with a damp towel; let rise in a warm place (85), free from drafts, 45 minutes.
- ☐ Preheat oven to 500
- ☐ While dough rises, heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; cook 5 minutes, stirring frequently.
- ☐ Sprinkle with sugar and salt. Continue cooking 15 to 20 minutes or until deep golden brown, stirring frequently.
- ☐ Roll dough into a 12-inch circle on parchment paper. Crimp edges of dough with fingers to form a rim. Slide dough and parchment paper onto a large baking sheet.
- ☐ Place on bottom rack in oven.
- ☐ Bake at 500 for 5 minutes.
- ☐ Spoon Pizza Sauce onto crust, spreading to rim. Top with prosciutto, cheese, and onion.
- ☐ Bake an additional 10 minutes or until crust is golden and cheese melts.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Cut into wedges.
- ☐ Note: If using refrigerated Pizza Dough, let dough rise as directed in step 1 for 1 hour. Proceed as directed in recipe.
- ☐ Kids Can Help: Older kids can help stir the onions while they caramelize, and then everyone can top their own pizzas with the sauce, prosciutto, onions, and cheese.

Nutrition Facts



 **PROTEIN 19.7%**  **FAT 46.58%**  **CARBS 33.72%**

Properties

Glycemic Index:23.68, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:6.8834783253462%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 291.02kcal (14.55%), Fat: 15.18g (23.35%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 23.18g (8.43%), Sugar: 5.85g (6.5%), Cholesterol: 33.25mg (11.08%), Sodium: 745.1mg (32.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Calcium: 304.77mg (30.48%), Phosphorus: 210.38mg (21.04%), Selenium: 8.55µg (12.22%), Vitamin B2: 0.15mg (8.75%), Zinc: 1.31mg (8.74%), Iron: 1.45mg (8.08%), Vitamin B6: 0.13mg (6.59%), Vitamin B12: 0.38µg (6.28%), Fiber: 1.55g (6.21%), Vitamin A: 274.02IU (5.48%), Vitamin C: 4.39mg (5.32%), Potassium: 178.51mg (5.1%), Vitamin E: 0.75mg (5.01%), Vitamin B1: 0.07mg (4.61%), Magnesium: 17.35mg (4.34%), Vitamin B3: 0.86mg (4.29%), Manganese: 0.08mg (3.94%), Folate: 12.8µg (3.2%), Copper: 0.05mg (2.72%), Vitamin K: 2.73µg (2.6%), Vitamin B5: 0.22mg (2.2%), Vitamin D: 0.17µg (1.12%)