



Caramelized Onion Bacon Pizza

READY IN



45 min.

SERVINGS



3

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup musselman's® apple butter
- 1 tablespoon balsamic vinegar
- 6 slices bacon cooked roughly chopped
- 1.5 cups gouda cheese shredded
- 2 teaspoons olive oil
- 0.3 cup pecans roughly chopped
- 15 inch unbaked pizza crust refrigerated store-bought (or pizza dough)
- 2 teaspoons butter unsalted
- 1 large onion yellow thinly sliced

Equipment

- frying pan
- baking sheet
- oven
- pizza stone

Directions

- Preheat oven to 450 degrees F.
- In a medium skillet or cast iron skillet, heat olive oil and melt butter over medium heat.
- Add onions. Toss onions to coat.
- Let onions cook, without stirring, for about 5 minutes. After 5 minutes, give the onions a stir and add a pinch of salt.
- Let onions cook for another 5–7 minutes, without stirring.
- At this point, remove skillet from heat momentarily, and add balsamic vinegar. Stir to incorporate.
- Place skillet back onto heat and continue cooking until onions are caramelized and broken down, about another 10 minutes or so.
- Remove from heat and set aside until ready to build pizza.
- Place unbaked pizza crust on a cookie sheet or pizza stone and bake for 10 minutes.
- Remove from oven.
- Evenly spread apple butter over crust and sprinkle a pinch of red pepper flakes over the apple butter.
- Spread caramelized onions over apple butter, and then sprinkle chopped bacon and pecans evenly over the onions. Top with shredded Gouda.
- Place in oven (still at 450 degrees F) and bake for an additional 8–12 minutes, or until cheese is bubbling and browning.
- Remove from oven and let sit for about 5 minutes before slicing.
- Slice pizza and top each slice with fresh baby arugula to finish.

Nutrition Facts

PROTEIN 17.94% FAT 55.51% CARBS 26.55%

Properties

Glycemic Index:38, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:21.940435119297%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg 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: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 838.05kcal (41.9%), Fat: 52.04g (80.07%), Saturated Fat: 25.67g (160.43%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 52.51g (19.09%), Sugar: 39.95g (44.39%), Cholesterol: 157.86mg (52.62%), Sodium: 1347.2mg (58.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.84g (75.67%), Calcium: 864.44mg (86.44%), Phosphorus: 762.27mg (76.23%), Manganese: 0.88mg (43.96%), Zinc: 5.75mg (38.33%), Selenium: 26.34µg (37.63%), Vitamin B12: 2µg (33.36%), Vitamin B2: 0.48mg (28.18%), Vitamin A: 783.06IU (15.66%), Magnesium: 62.04mg (15.51%), Vitamin B1: 0.23mg (15.29%), Vitamin B6: 0.3mg (14.91%), Copper: 0.29mg (14.4%), Fiber: 3.51g (14.03%), Potassium: 433.42mg (12.38%), Vitamin B3: 2.01mg (10.07%), Folate: 37.8µg (9.45%), Iron: 1.51mg (8.38%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 1.02mg (6.82%), Vitamin K: 5.99µg (5.71%), Vitamin C: 4.39mg (5.32%), Vitamin D: 0.71µg (4.7%)