



Fontina, Caramelized-Onion, and Pancetta Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces canadian bacon (italian-style chopped)
- ☐ 3 ounces fontina shredded divided
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1 teaspoon olive oil
- ☐ 8 cups onion sliced (3 large)
- ☐ 2 servings pizza dough
- ☐ 0.5 teaspoon salt

☐ 0.5 teaspoon pepper white

Equipment

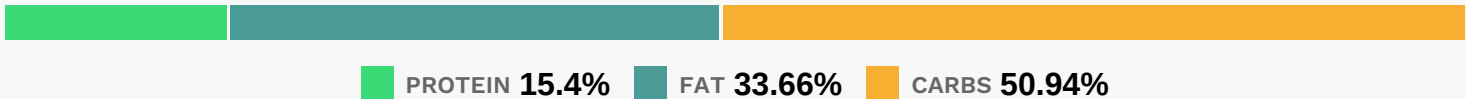
☐ frying pan

☐ oven

Directions

- ☐ Prepare the Pizza Dough according to directions.
- ☐ While dough is rising the second time, heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat; add pancetta, and saut for 2 minutes.
- ☐ Add onions, thyme, salt, and white pepper; cook 25 minutes or until onions are browned, stirring frequently.
- ☐ Preheat oven to 47
- ☐ Brush each prepared pizza crust with 1 1/2 teaspoons oil; top each with half of onion mixture.
- ☐ Sprinkle half of cheese over each pizza.
- ☐ Bake at 475 for 9 minutes or until crusts are crisp.
- ☐ Cut each pizza into 8 wedges.
- ☐ Garnish with thyme sprigs and sprinkle with black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:13.54, Inflammation Score:-10, Nutrition Score:24.515217324962%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 32.06mg, Isorhamnetin: 32.06mg, Isorhamnetin: 32.06mg, Isorhamnetin: 32.06mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 129.92mg, Quercetin: 129.92mg, Quercetin: 129.92mg, Quercetin: 129.92mg

Nutrients (% of daily need)

Calories: 679.6kcal (33.98%), Fat: 26.18g (40.28%), Saturated Fat: 10.61g (66.29%), Carbohydrates: 89.18g (29.73%), Net Carbohydrates: 76.82g (27.94%), Sugar: 31.33g (34.81%), Cholesterol: 59.96mg (19.99%), Sodium: 1552mg (67.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Vitamin C: 53.07mg (64.33%), Fiber: 12.36g (49.42%), Manganese: 0.92mg (45.98%), Vitamin B6: 0.9mg (44.94%), Calcium: 398.73mg (39.87%), Phosphorus: 388.99mg (38.9%), Folate: 126.63µg (31.66%), Vitamin B1: 0.46mg (30.99%), Potassium: 1056.65mg (30.19%), Iron: 3.86mg (21.46%), Selenium: 14.7µg (21%), Magnesium: 79.63mg (19.91%), Zinc: 2.94mg (19.62%), Vitamin B2: 0.31mg (18.43%), Copper: 0.29mg (14.71%), Vitamin B12: 0.86µg (14.28%), Vitamin A: 567.33IU (11.35%), Vitamin B3: 2.2mg (10.98%), Vitamin B5: 1.09mg (10.95%), Vitamin E: 1.58mg (10.56%), Vitamin K: 9.08µg (8.65%), Vitamin D: 0.85µg (5.67%)