



Pumpkin Hummus, Caramelized Onion and Fontina Cheese Pizzas

READY IN



70 min.

SERVINGS



10

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 0.3 cup balsamic vinegar
- 3 tablespoons brown sugar
- 5 cups fontina shredded
- 3 granny smith apples cored peeled cut into matchsticks
- 5 cups pumpkin hummus
- 10 pieces lavash
- 2 pounds onions thinly sliced

Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven

Directions

- Heat the olive oil in a large saucepan over medium heat.
- Add the onions; cook and stir until they turn soft and begin to turn golden brown, about 10 minutes. Stir in the brown sugar, and continue cooking and stirring until the onions are deep brown, about 10 minutes more.
- Pour in the balsamic vinegar, and simmer until the vinegar has reduced and become syrupy.
- Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until crisp and evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate then crumble and set aside.
- Preheat an oven to 375 degrees F (190 degrees C).
- To assemble the pizzas, spread each piece of lavash with 1/2 cup of pumpkin hummus and place onto a baking sheet.
- Sprinkle with about 1/4 cup of the caramelized onions. Top with some of the apple and crumbled bacon. Finally, sprinkle with 1/2 cup of fontina cheese.
- Bake in the preheated oven until the pizza is hot and the cheese is bubbly and golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.65, Glycemic Load:7.78, Inflammation Score:-8, Nutrition Score:22.546086871106%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.61mg, Quercetin: 20.61mg, Quercetin: 20.61mg, Quercetin: 20.61mg

Nutrients (% of daily need)

Calories: 644.08kcal (32.2%), Fat: 41.53g (63.89%), Saturated Fat: 17.51g (109.44%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 30.18g (10.97%), Sugar: 15.31g (17.01%), Cholesterol: 91.53mg (30.51%), Sodium: 1156.81mg (50.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.75g (61.5%), Manganese: 1.12mg (55.85%), Phosphorus: 512.54mg (51.25%), Calcium: 441.16mg (44.12%), Fiber: 10.25g (41.02%), Copper: 0.73mg (36.5%), Zinc: 5.02mg (33.47%), Folate: 125.2µg (31.3%), Magnesium: 112.7mg (28.17%), Selenium: 17.82µg (25.46%), Vitamin B6: 0.49mg (24.71%), Vitamin B1: 0.35mg (23.44%), Vitamin B12: 1.22µg (20.37%), Iron: 3.6mg (20.02%), Potassium: 573.96mg (16.4%), Vitamin B2: 0.27mg (15.96%), Vitamin A: 679.17IU (13.58%), Vitamin C: 9.22mg (11.18%), Vitamin B3: 1.91mg (9.54%), Vitamin B5: 0.73mg (7.25%), Vitamin D: 0.49µg (3.24%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.39mg (2.61%)