



WHATSheATE



Spinach, Caramelized Onion, and Bacon Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup bread flour divided
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.8 cups flour all-purpose divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced

- ☐ 1 cup milk 2% reduced-fat
- ☐ 2 cups onion sliced ()
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons sugar
- ☐ 1 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pizza pan
- ☐ measuring cup
- ☐ colander

Directions

- ☐ To prepare dough, lightly spoon the bread flour into a dry measuring cup, and level with a knife.
- ☐ Combine 1/2 cup bread flour, warm water, 1 teaspoon sugar, and yeast, stirring with a whisk.
- ☐ Let stand 15 minutes.
- ☐ Lightly spoon 1 1/2 cups all-purpose flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 1/2 cups all-purpose flour, 1/2 cup bread flour, and salt in a large bowl, stirring with a whisk.

- ☐ Make a well in center of mixture.
- ☐ Add yeast mixture to flour mixture; stir well. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 20 minutes.
- ☐ To prepare topping, cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings. Set bacon aside.
- ☐ Add spinach to drippings in pan; saut 2 minutes or until wilted.
- ☐ Place spinach in a colander, pressing until barely moist.
- ☐ Add onion and 2 teaspoons sugar to pan; cook 12 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat; cool.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Add 3 tablespoons flour and pepper, stirring with a whisk; cook 30 seconds. Gradually add milk, stirring constantly with a whisk. Cook 5 minutes or until thick and bubbly, stirring constantly with a whisk.
- ☐ Preheat oven to 47
- ☐ Roll dough into a 12-inch circle on a floured surface.
- ☐ Place dough on a (12-inch) pizza pan or baking sheet coated with cooking spray adn sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Spread milk mixture evenly over dough; top with spinach and onion.
- ☐ Bake at 475 for 20 minutes.
- ☐ Sprinkle evenly with bacon and cheese; bake an additional 5 minutes or until golden brown.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



 **PROTEIN 17.28%**  **FAT 29.43%**  **CARBS 53.29%**

Properties

Glycemic Index:155.92, Glycemic Load:53.55, Inflammation Score:-10, Nutrition Score:38.676521601884%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 19.08mg, Quercetin: 19.08mg, Quercetin: 19.08mg, Quercetin: 19.08mg

Nutrients (% of daily need)

Calories: 667.82kcal (33.39%), Fat: 21.83g (33.59%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 88.95g (29.65%), Net Carbohydrates: 82.85g (30.13%), Sugar: 10.21g (11.35%), Cholesterol: 46.04mg (15.35%), Sodium: 1006.03mg (43.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.69%), Vitamin K: 344.21µg (327.82%), Vitamin A: 7026.76IU (140.54%), Folate: 320.31µg (80.08%), Manganese: 1.49mg (74.67%), Selenium: 46.8µg (66.86%), Vitamin B1: 0.89mg (59.25%), Calcium: 517.18mg (51.72%), Phosphorus: 456.39mg (45.64%), Vitamin B2: 0.77mg (45.27%), Vitamin C: 26.43mg (32.03%), Iron: 5.67mg (31.5%), Vitamin B3: 6.28mg (31.38%), Magnesium: 111.77mg (27.94%), Fiber: 6.1g (24.39%), Potassium: 795.36mg (22.72%), Vitamin B6: 0.44mg (21.97%), Zinc: 2.77mg (18.46%), Copper: 0.32mg (16.02%), Vitamin B12: 0.77µg (12.83%), Vitamin B5: 1.27mg (12.73%), Vitamin E: 1.88mg (12.57%), Vitamin D: 0.23µg (1.53%)