



Butternut & rosemary pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack bread mix white
- ☐ 1 tbsp olive oil plus more to drizzle, if you like
- ☐ 1 large butternut squash peeled cut into small cubes
- ☐ 2 onions red sliced
- ☐ 3 rosemary sprigs chopped
- ☐ 1 tbsp caster sugar
- ☐ 2 tbsp balsamic vinegar
- ☐ 100 g feta cheese

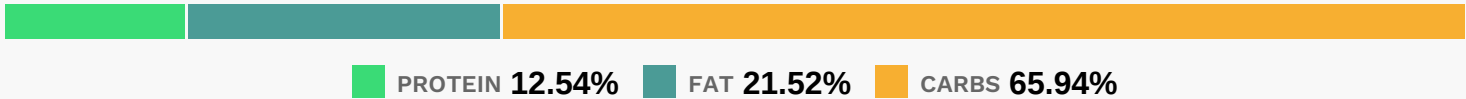
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make the bread dough according to pack instructions, knead for a few mins, then, using a little flour to stop it sticking, roll out into 2 large rounds and lift onto baking sheets.
- ☐ Heat the oil in a large frying pan, then fry the squash with the onion and chopped rosemary for 5 mins until beginning to soften and brown. Splash in about 200ml water, then cook over a fierce heat for 10 mins, stirring until the squash is tender and almost all the liquid has gone.
- ☐ Heat oven to 220C/ fan 200C/gas
- ☐ Stir the sugar, vinegar and some seasoning into the squash mix, then spread it all over the pizza dough. Top with a few small rosemary sprigs, crumble over the feta, then drizzle with a little more oil, if you like.
- ☐ Bake 1 at a time for 15 mins or until the pizzas are golden and crisp.
- ☐ Serve with a salad.

Nutrition Facts



Properties

Glycemic Index:79.72, Glycemic Load:48.02, Inflammation Score:-10, Nutrition Score:32.943912814493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 559.9kcal (28%), Fat: 13.63g (20.96%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 93.92g (31.31%), Net Carbohydrates: 86.33g (31.39%), Sugar: 17.32g (19.25%), Cholesterol: 22.25mg (7.42%), Sodium: 892.93mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Vitamin A: 20041.45IU (400.83%), Manganese: 1.21mg (60.44%), Vitamin B1: 0.89mg (59.03%), Vitamin C: 43.49mg (52.72%), Folate: 208.06µg (52.01%), Calcium: 492.83mg (49.28%), Selenium: 33.98µg (48.55%), Vitamin B3: 8.51mg (42.56%), Vitamin B2: 0.56mg (33.19%), Iron: 5.89mg (32.73%), Phosphorus: 304.9mg (30.49%), Fiber: 7.59g (30.37%), Vitamin B6: 0.58mg (28.85%), Magnesium: 108.88mg (27.22%), Potassium: 911.82mg (26.05%), Vitamin E: 3.54mg (23.57%), Vitamin B5: 1.73mg (17.29%), Copper: 0.32mg (16.11%), Zinc: 2.2mg (14.69%), Vitamin B12: 0.42µg (7.04%), Vitamin K: 5.09µg (4.85%)