



 **22%**
HEALTH SCORE

Butternut Squash Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pizza dough fresh
- 2 cups baby spinach mixed with arugula and baby spinach <
- 1 small onion sliced (and carmelized)
- 3 cups butternut squash diced (into bite-sized pieces)
- 2 tablespoons pinenuts toasted
- 4 slices bacon diced (to bite sized pieces)
- 4 servings balsamic reduction (recipe at end of post)
- 1 cup manchego cheese or any other nutty, salt grated (and sprinkled on top)
- 1 pound mozzarella fresh

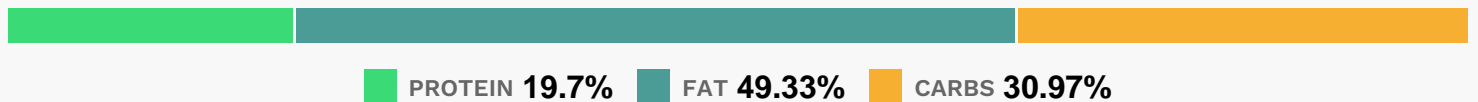
Equipment

- oven
- pot
- stove

Directions

- Preheat oven to highest internal temperature.
- Caramelize the onion by sauteing it over medium heat in oil for about 10–15 minutes on the stove top. Fry bacon while you roll out pizza dough.
- Break up mozzarella and distribute over rolled out pizza dough
- Add onion and chopped bacon
- Add bite sized pieces of squash
- Add mixed greens
- Add pine nuts
- Drizzle balsamic reduction over everything
- Sprinkle on manchego cheese (or alternative cheese)
- Pop pizzas in oven (my oven goes to 550 degrees and pizzas take about 5 minutes to cook to my liking.)
- Balsamic reduction: Boil 1 cup of balsamic vinegar in a small pot for a few minutes until it is reduced by half and thickened.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:31.086086956522%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg,

Kaempferol: 1.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 925.1kcal (46.26%), Fat: 51.28g (78.89%), Saturated Fat: 26.06g (162.87%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 67.82g (24.66%), Sugar: 11.69g (12.99%), Cholesterol: 134.33mg (44.78%), Sodium: 1864.84mg (81.08%), Protein: 46.07g (92.13%), Vitamin A: 13499.94IU (270%), Calcium: 946.11mg (94.61%), Vitamin K: 78.98µg (75.22%), Phosphorus: 508.93mg (50.89%), Vitamin B12: 2.7µg (44.92%), Manganese: 0.85mg (42.29%), Selenium: 24.5µg (35%), Vitamin C: 27.6mg (33.45%), Iron: 5.11mg (28.36%), Zinc: 4.16mg (27.73%), Vitamin B2: 0.4mg (23.77%), Magnesium: 87.17mg (21.79%), Fiber: 4.61g (18.45%), Potassium: 638.44mg (18.24%), Folate: 70.41µg (17.6%), Vitamin E: 2.6mg (17.31%), Vitamin B6: 0.32mg (15.86%), Vitamin B1: 0.24mg (15.85%), Vitamin B3: 2.61mg (13.06%), Copper: 0.19mg (9.48%), Vitamin B5: 0.75mg (7.49%), Vitamin D: 0.54µg (3.61%)