



Butternut Squash Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 2 pounds butternut squash peeled
- 1 tablespoon cornmeal
- 0.5 cup ricotta fresh
- 1 tablespoon thyme leaves fresh
- 1.5 teaspoons kosher salt
- 3 tablespoons olive oil
- 1 pound pizza dough refrigerated
- 1 small onion yellow sliced into 1/4-inch-thick rings

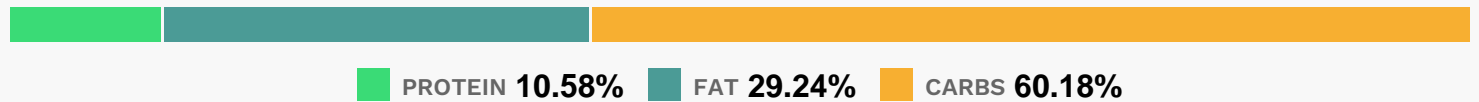
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400 F.
- Cut the squash into 1/2-inch-thick slices, then cut each slice into 1-inch chunks.
- Place the squash and onion on a baking sheet.
- Drizzle with the oil, season with the salt and pepper, and toss. Roast until tender, about 20 minutes.
- Transfer to a plate. Increase oven temperature to 450 F.
- Roll the dough out 1/4 inch thick. Clean the baking sheet and sprinkle it with the cornmeal.
- Place the dough on top. Scatter the squash and onion mixture over the dough, sprinkle with the thyme, and add dollops of the ricotta.
- Bake until golden, about 25 minutes. Slice into wedges.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:15.35347817903%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 364.31kcal (18.22%), Fat: 12.31g (18.94%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 57.01g (19%), Net Carbohydrates: 52.31g (19.02%), Sugar: 8.59g (9.54%), Cholesterol: 10.54mg (3.51%), Sodium: 1152.15mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.05%), Vitamin A: 16220.37IU (324.41%), Vitamin C:

34.48mg (41.8%), Vitamin E: 3.22mg (21.45%), Iron: 3.51mg (19.49%), Fiber: 4.7g (18.79%), Manganese: 0.36mg (18.23%), Potassium: 584.72mg (16.71%), Magnesium: 58.65mg (14.66%), Vitamin B6: 0.27mg (13.49%), Calcium: 123.66mg (12.37%), Folate: 46.63µg (11.66%), Vitamin B1: 0.16mg (10.99%), Vitamin B3: 1.91mg (9.56%), Phosphorus: 91.05mg (9.11%), Vitamin B5: 0.68mg (6.79%), Copper: 0.13mg (6.49%), Vitamin K: 6.29µg (5.99%), Selenium: 3.92µg (5.6%), Vitamin B2: 0.08mg (4.76%), Zinc: 0.56mg (3.74%), Vitamin B12: 0.07µg (1.17%)