



Butternut Squash Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small butternut squash
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 cups lowfat fontina grated
- ☐ 1.5 tsp nutmeg
- ☐ 1 tbsp olive oil
- ☐ 8 servings grilled pizza crust
- ☐ 0.8 cup lowfat romano grated
- ☐ 2 medium onions yellow thinly sliced

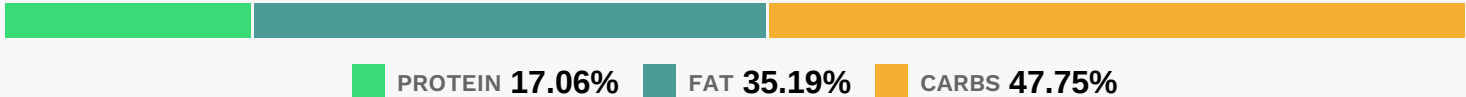
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Cut squash in half lengthwise and remove seeds. Prick rind with a fork.
- ☐ Place cut side down in a baking dish and add 1/4 inch water. Microwave squash on high 10 minutes, checking for doneness. (To bake: Preheat oven to 350°F.
- ☐ Place cut side down on a baking sheet.
- ☐ Bake until soft, about 1 hour.)
- ☐ Remove and cool. Scoop out flesh and place in a medium-sized bowl.
- ☐ Mix with salt, pepper, and nutmeg.
- ☐ Heat oil in a medium-sized pot over medium heat and sauté onions until light brown.
- ☐ Remove from heat and cool. Season with salt. In a separate bowl, mix cheeses. Make crust. While second side of each crust is grilling, spread 1/8 cheese mixture over cooked side of each crust and top with onions. Top with dollops of squash; sprinkle with parsley. Rotate 3 to 4 minutes until bottom is golden brown.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:16.0482609272%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 384.05kcal (19.2%), Fat: 15.26g (23.47%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 43.08g (15.67%), Sugar: 4.81g (5.35%), Cholesterol: 38.46mg (12.82%), Sodium: 666.5mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.27%), Vitamin A: 10389.42IU (207.79%), Calcium: 350.56mg (35.06%), Vitamin K: 33.79µg (32.19%), Vitamin C: 24.23mg (29.37%), Phosphorus: 197.76mg (19.78%), Iron: 2.78mg (15.43%), Fiber: 3.49g (13.95%), Manganese: 0.25mg (12.26%), Potassium: 405.9mg (11.6%), Vitamin E: 1.71mg (11.4%), Magnesium: 43.63mg (10.91%), Vitamin B6: 0.21mg (10.41%), Folate: 35.84µg (8.96%), Zinc: 1.32mg (8.83%), Vitamin B12: 0.52µg (8.68%), Selenium: 5.56µg (7.95%), Vitamin B1: 0.12mg (7.87%), Vitamin B2: 0.11mg (6.67%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.56mg (5.62%), Copper: 0.09mg (4.71%), Vitamin D: 0.2µg (1.3%)