



Butternut Squash Pizzas with Rosemary

READY IN



50 min.

SERVINGS



4

CALORIES



449 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 butternut squash peeled seeded thinly sliced
- 1 tablespoon cornmeal
- 1 teaspoon rosemary leaves fresh chopped
- 3 tablespoons olive oil divided
- 1 cup onion thinly sliced
- 2 tablespoons parmesan grated
- 16 ounce pizza dough refrigerated divided
- 4 servings salt and pepper black to taste

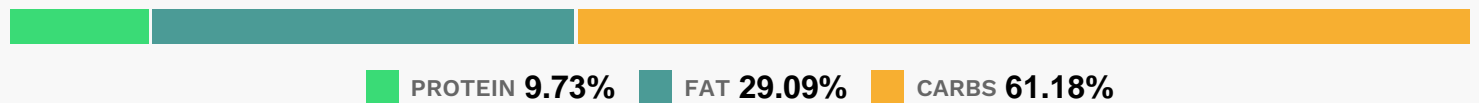
Equipment

- baking sheet
- oven
- roasting pan

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Place sliced onion and squash in a roasting pan.
- Sprinkle with rosemary, salt, pepper, and 2 tablespoons of the olive oil; toss to coat.
- Bake in the preheated oven for 20 minutes, or until onions are lightly browned and squash is tender; set aside.
- Increase oven temperature to 450 degrees F (230 degrees C). On a floured surface, roll each ball of dough into an 8 inch round.
- Place the rounds on a baking sheet sprinkled with cornmeal (you may need 2 baking sheets depending on their size). Distribute squash mixture over the two rounds and continue baking for 10 minutes, checking occasionally, or until the crust is firm.
- Sprinkle with cheese and remaining tablespoon olive oil.
- Cut into quarters, and serve.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:12.721304264406%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 449.4kcal (22.47%), Fat: 14.94g (22.99%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 70.69g (23.56%), Net Carbohydrates: 66.2g (24.07%), Sugar: 10.85g (12.05%), Cholesterol: 1.7mg (0.57%), Sodium: 1059.37mg (46.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin A: 9986.68IU (199.73%), Vitamin C: 22.65mg (27.46%), Iron: 3.96mg (22%), Vitamin E: 2.88mg (19.23%), Fiber: 4.49g (17.98%), Manganese: 0.26mg (12.91%), Potassium: 399.06mg (11.4%), Vitamin B6: 0.21mg (10.47%), Magnesium: 39.68mg (9.92%), Folate: 33.96µg (8.49%), Calcium: 84.25mg (8.43%), Vitamin B1: 0.12mg (8.04%), Vitamin K: 7.56µg (7.2%), Phosphorus: 65.53mg (6.55%), Vitamin B3: 1.24mg (6.2%), Vitamin B5: 0.45mg (4.51%), Copper: 0.09mg (4.51%), Zinc: 0.36mg (2.37%), Vitamin B2: 0.04mg (2.37%), Selenium: 1.38µg (1.97%)