



Butternut Squash, Spinach and Goat Cheese Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach fresh chopped
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 cups butternut squash cubed ()
- ☐ 2 tablespoons cornmeal
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.3 cup flour all-purpose
- ☐ 4 ounces goat cheese crumbled
- ☐ 1 tablespoon olive oil divided

- ☐ 16 ounces pizza dough whole-wheat store-bought at room temperature
- ☐ 1 medium onion red halved thinly sliced
- ☐ 0.3 teaspoon salt divided

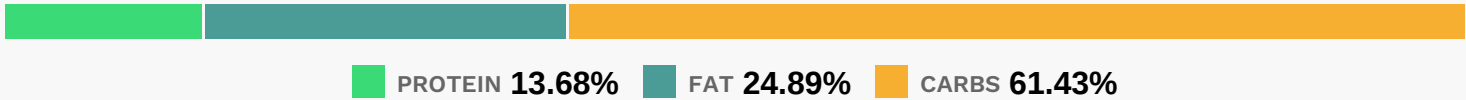
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Heat oven to 400°.
- ☐ Heat pizza stone on bottom rack (or use an inverted 11" x 16" cookie sheet, not heated). Toss squash with 1 teaspoon oil, 1/8 teaspoon salt and 1/8 teaspoon pepper. On a baking sheet, cook squash until soft and lightly browned, 25 minutes, stirring halfway through; set aside. In a large skillet over medium-high heat, heat remaining 1 tablespoon oil. Cook onion (season with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper), stirring, until light brown, 10 minutes.
- ☐ Add 2 tablespoons water; cook, stirring, until brown, 5 minutes.
- ☐ Remove from heat. Turn oven up to 450°.
- ☐ Sprinkle flour on a flat surface. Press dough into a 15-inch circle or 10" x 16" rectangle. Top with squash, onion, spinach, cheese and thyme. Dust stone or inverted sheet with cornmeal; place pizza on it.
- ☐ Bake until crust is crispy and cheese melts, 10 to 12 minutes.
- ☐ calories per slice, 9 grams fat, 3 grams saturated fat, 32 grams carbohydrate, 5 grams fiber, 8 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:11.142608603706%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 239.49kcal (11.97%), Fat: 6.77g (10.41%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 35.25g (12.82%), Sugar: 5.08g (5.64%), Cholesterol: 6.52mg (2.17%), Sodium: 542.9mg (23.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin A: 4573.19IU (91.46%), Vitamin K: 39.16µg (37.3%), Iron: 2.63mg (14.59%), Vitamin C: 10.51mg (12.73%), Manganese: 0.23mg (11.28%), Fiber: 2.33g (9.31%), Folate: 36.49µg (9.12%), Copper: 0.16mg (7.86%), Vitamin B6: 0.14mg (6.87%), Phosphorus: 65.57mg (6.56%), Vitamin B1: 0.1mg (6.38%), Vitamin E: 0.95mg (6.36%), Magnesium: 25.25mg (6.31%), Vitamin B2: 0.1mg (5.93%), Potassium: 202.41mg (5.78%), Calcium: 49.49mg (4.95%), Vitamin B3: 0.85mg (4.24%), Selenium: 2.2µg (3.14%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.36mg (2.37%)