



Fall Harvest Veggie Pizza

READY IN



105 min.

SERVINGS



8

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 acorn squash cubed peeled seeded
- 1 serving olive oil
- 0.5 onion red thinly sliced
- 13.8 oz pizza dough refrigerated canned
- 0.5 baking apples are apples that have a sweet-tart balance and hold their shape when (such as Granny Smith or McIntosh)
- 4 oz cheddar cheese shredded white
- 4 oz gorgonzola crumbled
- 1 large handful arugula

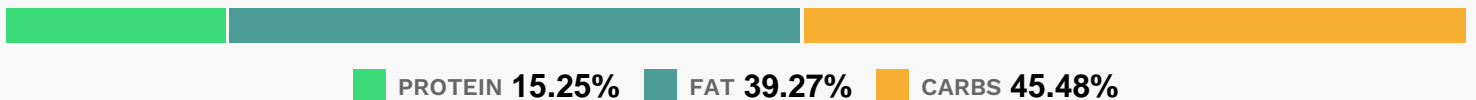
Equipment

- frying pan
- baking sheet
- oven
- baking pan
- pizza stone

Directions

- Heat oven to 350°F. In shallow baking pan, toss squash cubes with small amount of oil. Roast about 45 minutes or until tender and slightly caramelized.
- Meanwhile, in 10-inch skillet, heat small amount of oil over medium heat.
- Add onion; cook just until caramelized. Set aside.
- Remove squash from oven; increase oven temperature to temperature called for on pizza crust can. With fork, coarsely mash squash; set aside.
- On lightly floured pizza stone or cookie sheet, unroll pizza crust; press into 12-inch round.
- Bake 5 minutes. Meanwhile, core and thinly slice apple; set aside.
- Top partially baked crust with mashed squash, 3/4 cup of the Cheddar cheese, the apple, onion, gorgonzola cheese and remaining Cheddar cheese.
- Bake 15 to 20 minutes longer or until crust is golden brown. Cool 10 minutes.
- Top pizza with arugula or, if desired, arugula tossed with a splash of lemon juice, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:6.8421739080678%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 274.48kcal (13.72%), Fat: 12.25g (18.85%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 29.95g (10.89%), Sugar: 4.68g (5.19%), Cholesterol: 24.81mg (8.27%), Sodium: 612mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Calcium: 199.12mg (19.91%), Phosphorus: 143.72mg (14.37%), Vitamin A: 513.51IU (10.27%), Iron: 1.84mg (10.21%), Selenium: 6.38µg (9.11%), Vitamin C: 7.33mg (8.89%), Fiber: 1.97g (7.89%), Vitamin B2: 0.13mg (7.59%), Potassium: 265.6mg (7.59%), Magnesium: 26.76mg (6.69%), Zinc: 1mg (6.64%), Vitamin B6: 0.13mg (6.55%), Vitamin B1: 0.09mg (5.99%), Manganese: 0.11mg (5.68%), Vitamin B5: 0.55mg (5.45%), Vitamin B12: 0.32µg (5.39%), Folate: 21.31µg (5.33%), Vitamin K: 4.74µg (4.51%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.65%), Vitamin D: 0.16µg (1.04%)