



Mushroom, Squash, and Smoked Gouda Pizza (The Healthy Indulgence)

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces acorn squash halved seeded
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1.5 ounces coarsely gouda smoked grated
- ☐ 6 ounces d mushroom mix wild sliced
- ☐ 1 tablespoon olive oil
- ☐ 8 servings prebaked pizza crust

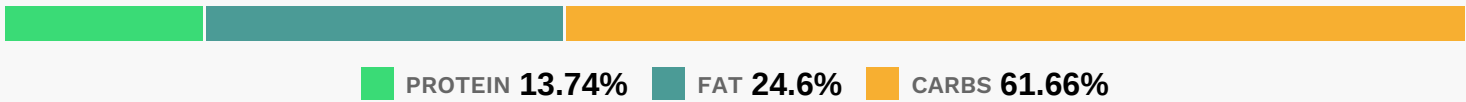
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Coat a foil-lined shallow aluminum baking sheet with cooking spray; arrange sliced wild mushroom mix on sheet.
- ☐ Bake at 500 until water from mushrooms has evaporated, stirring occasionally (about 5 minutes).
- ☐ Place a prebaked pizza crust on a shallow baking pan. Thinly slice acorn squash; arrange evenly over crust.
- ☐ Brush squash with olive oil; spoon mushrooms over squash.
- ☐ Sprinkle with smoked Gouda and chopped fresh sage.
- ☐ Bake 10 minutes or until top is golden brown and squash is tender.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:8.2869565227757%

Nutrients (% of daily need)

Calories: 231.21kcal (11.56%), Fat: 6.37g (9.79%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 34g (12.36%), Sugar: 1.62g (1.8%), Cholesterol: 6.06mg (2.02%), Sodium: 396.16mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Copper: 2.32mg (115.97%), Iron: 2.14mg (11.88%), Calcium: 109.58mg (10.96%), Manganese: 0.16mg (7.98%), Fiber: 1.9g (7.6%), Phosphorus: 60.77mg (6.08%), Vitamin B6: 0.1mg (4.96%), Vitamin B3: 0.98mg (4.88%), Potassium: 148.06mg (4.23%), Vitamin B5: 0.42mg (4.22%), Vitamin B2: 0.07mg (3.94%), Magnesium: 13.87mg (3.47%), Zinc: 0.47mg (3.12%), Selenium: 2.09µg (2.98%), Vitamin C: 2.34mg (2.83%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 107.96IU (2.16%), Folate: 7.49µg (1.87%), Vitamin E: 0.26mg (1.77%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.18µg (1.12%)