



Pesto Pizza with Butternut Squash

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound butternut squash peeled ()
- ☐ 14.5 ounce canned tomatoes drained finely chopped canned
- ☐ 2 ounces gouda cheese shredded
- ☐ 0.8 teaspoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 cup classic pesto
- ☐ 6 servings pizza dough
- ☐ 2 teaspoons sugar

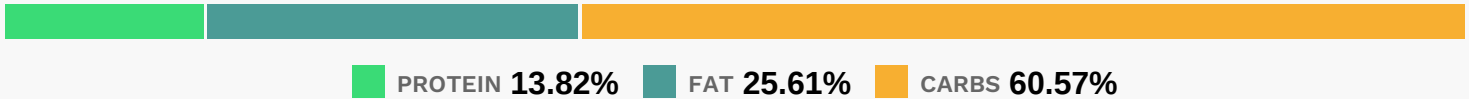
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a medium bowl.
- ☐ Place squash mixture on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until squash is tender.
- ☐ Increase oven temperature to 45
- ☐ Sprinkle fontina over dough, leaving a 1/2-inch border; top with squash mixture, tomatoes, and oregano. Drop Classic Pesto by level teaspoons onto mixture; sprinkle with Romano.
- ☐ Bake at 450 for 20 minutes or until lightly browned.
- ☐ Totals include Plzza Dough

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:2.48, Inflammation Score:-10, Nutrition Score:22.790000122526%

Nutrients (% of daily need)

Calories: 384.87kcal (19.24%), Fat: 11.55g (17.77%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 54.55g (19.84%), Sugar: 13.49g (14.99%), Cholesterol: 18.03mg (6.01%), Sodium: 837.08mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Vitamin A: 24593.9IU (491.88%), Vitamin C: 53.93mg (65.37%), Calcium: 329.51mg (32.95%), Manganese: 0.59mg (29.74%), Potassium: 1021.32mg (29.18%), Vitamin E: 4.27mg (28.45%), Fiber: 6.93g (27.72%), Magnesium: 98.16mg (24.54%), Iron: 4.24mg (23.57%), Vitamin B6: 0.47mg (23.5%), Phosphorus: 214.19mg (21.42%), Vitamin B1: 0.28mg (19%), Folate: 73.18µg (18.3%), Vitamin B3: 3.6mg (17.99%), Copper: 0.3mg (14.81%), Vitamin B5: 1.17mg (11.74%), Vitamin B2: 0.15mg (8.53%), Zinc: 1.16mg (7.72%), Vitamin K: 7.84µg (7.47%), Selenium: 5.06µg (7.22%), Vitamin B12: 0.26µg (4.32%)