



Roasted Acorn Squash and Gorgonzola Pizza

READY IN



60 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound acorn squash
- ☐ 1 cup arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup gorgonzola crumbled
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pizza dough
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.3 teaspoon salt

☐ 1 cup milk mozzarella shredded whole

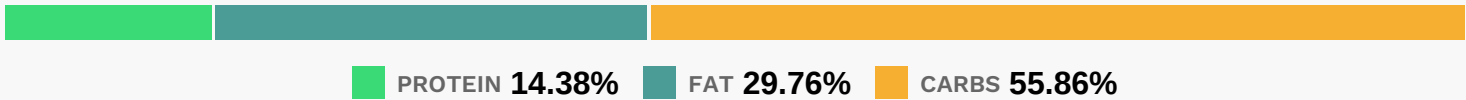
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Slice the squash in half from top to bottom. Scoop out the seeds. Slice the squash into 1/2 to 3/4-inch wide half moons and place in a medium bowl. Toss the squash with the syrup, olive oil, red pepper flakes, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Place the squash on a parchment-lined baking sheet.
- ☐ Bake the squash until tender and golden, about 20 to 25 minutes.
- ☐ Keep the temperature on the oven at 375 degrees F.
- ☐ Roll out the pizza dough on a flour dusted piece of parchment paper to a 13-inch diameter.
- ☐ Place the pizza and the parchment paper on a baking sheet.
- ☐ Sprinkle the mozzarella cheese and the Gorgonzola on the pizza dough.
- ☐ Bake in the oven until golden and cooked through, about 25 to 30 minutes.
- ☐ Peel the skins off the squash. Top the cooked pizza with the cooked squash. Top with arugula and the remaining 1/4 teaspoon salt and pepper. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:12.446086997571%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 519.09kcal (25.95%), Fat: 17.55g (27%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 74.1g (24.7%), Net Carbohydrates: 70.41g (25.6%), Sugar: 13.52g (15.02%), Cholesterol: 32.71mg (10.9%), Sodium: 1317.16mg (57.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Calcium: 274.63mg (27.46%), Manganese: 0.47mg (23.5%), Iron: 4.23mg (23.48%), Phosphorus: 198.9mg (19.89%), Vitamin A: 980.81IU (19.62%), Vitamin B2: 0.28mg (16.52%), Vitamin C: 13.23mg (16.03%), Fiber: 3.69g (14.75%), Potassium: 503.36mg (14.38%), Vitamin B12: 0.81µg (13.51%), Magnesium: 50.55mg (12.64%), Vitamin B1: 0.18mg (12.1%), Vitamin B6: 0.22mg (11.15%), Selenium: 7.5µg (10.71%), Zinc: 1.46mg (9.72%), Vitamin K: 9.27µg (8.83%), Folate: 31.33µg (7.83%), Vitamin B5: 0.77mg (7.65%), Vitamin E: 0.81mg (5.37%), Vitamin B3: 1.05mg (5.25%), Copper: 0.09mg (4.65%), Vitamin D: 0.18µg (1.22%)