



Roasted Butternut Squash, Apple and Jalapeño Flatbread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



715 kcal

Ingredients

- ☐ 3 apples diced peeled
- ☐ 1 small avocado sliced
- ☐ 2 teaspoons brown sugar
- ☐ 1 medium butternut squash diced peeled
- ☐ 12 tablespoons fontina shredded
- ☐ 4 servings cilantro leaves fresh
- ☐ 8 garlic cloves
- ☐ 4 tablespoons olive oil

- ☐ 2 jalapeños peppers sliced
- ☐ 4 small pita bread homemade store bought (or)
- ☐ 4 servings salt and pepper

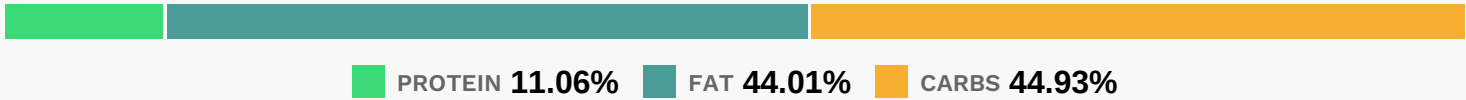
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ o roast the squash: Preheat oven to 400 degrees F.lace butternut squash chunks, diced apples and garlic cloves on a large baking sheet. In a small bowl mix the olive oil, brown sugar, salt and pepper.
- ☐ Drizzle the mixture over the squash and apples. Roast for about 15 to 20 minutes.op each flatbread with cheese, apples, roasted garlic, squash and jalapeño slices.
- ☐ Bake for about 5 minutes or until cheese has melted.
- ☐ Add avocado slices and chopped cilantro on top just before serving.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:35.33, Inflammation Score:-10, Nutrition Score:32.675217483355%

Flavonoids

Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.46mg, Epicatechin: 10.46mg, Epicatechin: 10.46mg, Epicatechin: 10.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg
Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 714.54kcal (35.73%), Fat: 36.41g (56.01%), Saturated Fat: 11.73g (73.31%), Carbohydrates: 83.63g (27.88%),
Net Carbohydrates: 70.87g (25.77%), Sugar: 22.77g (25.3%), Cholesterol: 51.46mg (17.15%), Sodium: 864.91mg
(37.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.17%), Vitamin A: 20710.77IU (414.22%),
Vitamin C: 100.42mg (121.72%), Fiber: 12.77g (51.06%), Manganese: 0.95mg (47.43%), Vitamin E: 6.35mg (42.33%),
Calcium: 415.16mg (41.52%), Vitamin B6: 0.74mg (36.92%), Potassium: 1276.9mg (36.48%), Phosphorus: 332.04mg
(33.2%), Vitamin B1: 0.45mg (29.95%), Folate: 117.74µg (29.43%), Vitamin K: 30.01µg (28.59%), Magnesium:
113.58mg (28.39%), Vitamin B3: 4.85mg (24.23%), Copper: 0.43mg (21.55%), Vitamin B5: 2.04mg (20.42%), Zinc:
2.83mg (18.86%), Vitamin B2: 0.31mg (18.03%), Iron: 3.04mg (16.88%), Vitamin B12: 0.75µg (12.42%), Selenium:
8.45µg (12.07%), Vitamin D: 0.27µg (1.77%)