



## Roasted Squash and Sweet Potato Flatbread

READY IN



75 min.

SERVINGS



24

CALORIES



115 kcal

### Ingredients

- 1 lb delicata squash peeled
- 24 servings cilantro leaves fresh chopped
- 2 teaspoons garam masala
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 medium onion halved thinly sliced
- 0.3 cup pistachios chopped
- 11 oz pizza dough refrigerated thin canned
- 1 teaspoon sea salt fine
- 8 oz mozzarella cheese fresh whole cut into 1/2-inch cubes

- 1 small sweet potatoes and into peeled quartered cut into 1/4-inch slices
- 6 oz cheddar cheese shredded white

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Cut peeled squash in half lengthwise; remove and discard seeds.
- Cut each half in half lengthwise, and cut into 1/2-inch slices. In large bowl, place squash, sweet potato and onion.
- Drizzle with oil; sprinkle with garam masala, cumin and salt. Stir until evenly coated. Arrange on ungreased 15x10x1-inch pan.
- Bake 15 minutes; stir.
- Bake 15 to 20 minutes longer or until vegetables are tender.
- Spray or grease 2 large dark or nonstick cookie sheets. Unroll dough on work surface; cut into 4 rectangles. Fold corners of each rectangle under to form into oval shapes, about 9 inches long each.
- Place 2 ovals on each cookie sheet.
- Bake on oven racks positioned closest to center of oven 7 to 10 minutes or until golden brown, switching positions of cookie sheets after 5 minutes for even baking.
- Sprinkle provolone evenly over crusts, then arrange roasted squash, sweet potato and onion on crusts; top evenly with mozzarella cheese.
- Bake 5 to 7 minutes or until crust is brown and cheese is melted.
- Sprinkle with pistachio nuts and cilantro.

## Nutrition Facts



■ PROTEIN 18.26% ■ FAT 47.13% ■ CARBS 34.61%

## Properties

Glycemic Index:8.08, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:4.2221739136654%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 115.35kcal (5.77%), Fat: 6.15g (9.46%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.28g (3.37%), Sugar: 1.86g (2.07%), Cholesterol: 14.55mg (4.85%), Sodium: 300.61mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Vitamin A: 1174.4IU (23.49%), Calcium: 107.67mg (10.77%), Phosphorus: 80.67mg (8.07%), Selenium: 3.84µg (5.48%), Vitamin B12: 0.29µg (4.84%), Vitamin B2: 0.08mg (4.51%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (3.84%), Manganese: 0.07mg (3.58%), Fiber: 0.89g (3.56%), Iron: 0.64mg (3.55%), Vitamin C: 2.9mg (3.51%), Potassium: 118.16mg (3.38%), Magnesium: 9.99mg (2.5%), Folate: 8.87µg (2.22%), Copper: 0.04mg (2.2%), Vitamin B1: 0.03mg (1.89%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.34%), Vitamin K: 1.37µg (1.31%)