



Rooibos Butternut "Pizzettas"



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



509 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 medium to 3 sized squashes
- ☐ 1 serving olive oil for baking sheets
- ☐ 1 serving bell pepper
- ☐ 1 tablespoon rooibos tea
- ☐ 1 teaspoon sea salt fine
- ☐ 3 tablespoons butter unsalted

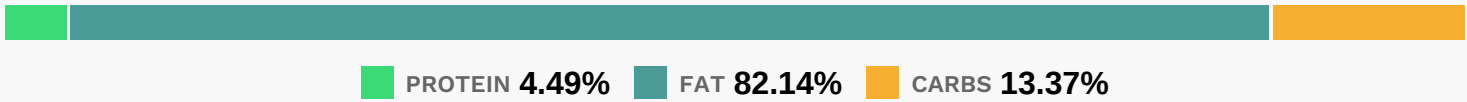
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ sieve

Directions

- ☐ Preheat oven to 42
- ☐ Heat a small frying pan over medium heat and add butter and 1 tbsp. tea. When butter foams, remove from heat, cover, and let infuse 10 minutes. Strain butter through a fine sieve; discard tea.
- ☐ Meanwhile, using a large, sturdy, sharp knife, cut off stems and seedless "necks" of squashes (save seeded parts for another use). Stand each neck on a flat side and slice peel off with 7 or 8 cuts, leaving a kind of octagonal shape.
- ☐ Cut necks into 1/2-in. slices. Lightly oil 2 baking sheets and place squash, slightly separated, on sheets.
- ☐ Pulverize remaining 1 1/2 tsp. tea leaves (if already fine, skip this step).
- ☐ Mix with salt.
- ☐ Brush infused butter onto tops of squash slices, then season with pepper and rooibos salt.
- ☐ Bake until very soft, about 25 minutes.
- ☐ Transfer to a platter and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:26.604348042737%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg,

Epicatechin 3–gallate: 0.87mg, Epicatechin 3–gallate: 0.87mg Epigallocatechin 3–gallate: 1.38mg, Epigallocatechin 3–gallate: 1.38mg, Epigallocatechin 3–gallate: 1.38mg, Epigallocatechin 3–gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg Theaflavin–3,3'–digallate: 0.26mg, Theaflavin–3,3'–digallate: 0.26mg, Theaflavin–3,3'–digallate: 0.26mg, Theaflavin–3,3'–digallate: 0.26mg Theaflavin–3'–gallate: 0.22mg, Theaflavin–3'–gallate: 0.22mg, Theaflavin–3'–gallate: 0.22mg, Theaflavin–3'–gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 508.94kcal (25.45%), Fat: 49.04g (75.44%), Saturated Fat: 23.73g (148.33%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 11.93g (4.34%), Sugar: 11.89g (13.21%), Cholesterol: 90.3mg (30.1%), Sodium: 2341.82mg (101.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Vitamin C: 165.49mg (200.59%), Vitamin A: 4427.35IU (88.55%), Vitamin B6: 1.08mg (54.04%), Manganese: 0.83mg (41.59%), Folate: 156.25µg (39.06%), Vitamin B2: 0.64mg (37.84%), Vitamin K: 39.56µg (37.67%), Potassium: 1218.17mg (34.8%), Vitamin E: 4.65mg (31%), Fiber: 6.03g (24.11%), Magnesium: 79.44mg (19.86%), Phosphorus: 182.04mg (18.2%), Vitamin B1: 0.24mg (15.68%), Vitamin B3: 2.69mg (13.47%), Copper: 0.23mg (11.6%), Iron: 1.9mg (10.54%), Zinc: 1.4mg (9.36%), Vitamin B5: 0.91mg (9.11%), Calcium: 81.19mg (8.12%), Vitamin D: 0.63µg (4.2%), Selenium: 1.34µg (1.91%), Vitamin B12: 0.07µg (1.19%)