



Bacon and Butternut Pasta

READY IN



75 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 5 cups butternut squash cubed peeled ()
- ☐ 1 cup crème fraîche
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 garlic clove minced
- ☐ 1.5 ounces gruyere cheese shredded
- ☐ 4 cups kale chopped
- ☐ 2 cups beef broth fat-free divided

- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion vertically sliced
- ☐ 1 teaspoon salt divided
- ☐ 12 ounces .5 oz. macaroni tube-shaped uncooked (short pasta)

Equipment

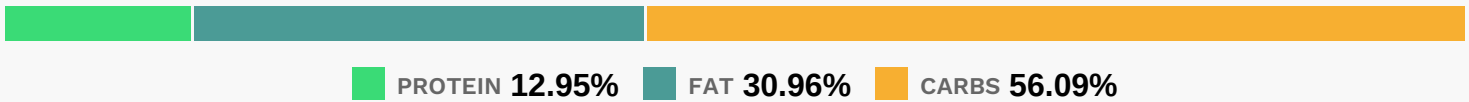
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine squash and oil in a large bowl; toss well. Arrange squash mixture in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until squash is tender.
- ☐ Cook pasta 7 minutes or until almost al dente, omitting salt and fat.
- ☐ Add kale to pan during last 2 minutes of cooking.
- ☐ Drain pasta mixture.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion to drippings in pan; cook 6 minutes, stirring occasionally.
- ☐ Add 1/2 teaspoon salt and garlic; cook 1 minute, stirring occasionally.
- ☐ Bring 1 3/4 cups broth to a boil in a small saucepan.
- ☐ Combine remaining 1/4 cup broth and flour in a small bowl, stirring with a whisk.

- ☐
- Add flour mixture, remaining 1/2 teaspoon salt, and pepper to broth. Cook 2 minutes or until slightly thickened.
- ☐
- Remove from heat; stir in crme frache.
- ☐
- Combine squash, pasta mixture, bacon, onion mixture, and sauce in a large bowl; toss gently.
- ☐
- Place pasta mixture in a 13 x 9-inch glass or ceramic baking dish coated with cooking spray; sprinkle evenly with cheese.
- ☐
- Bake at 400 for 25 minutes or until bubbly and slightly browned.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:20.352173779322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 347.82kcal (17.39%), Fat: 12.2g (18.77%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 45.36g (16.49%), Sugar: 5.87g (6.53%), Cholesterol: 26.44mg (8.81%), Sodium: 499.62mg (21.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Vitamin A: 10619.77IU (212.4%), Selenium: 31.48µg (44.96%), Vitamin K: 43.91µg (41.82%), Vitamin C: 31.99mg (38.77%), Manganese: 0.74mg (36.96%), Potassium: 680.94mg (19.46%), Phosphorus: 193.82mg (19.38%), Fiber: 4.35g (17.42%), Calcium: 174.08mg (17.41%), Magnesium: 66.28mg (16.57%), Vitamin B6: 0.32mg (15.8%), Vitamin B1: 0.2mg (13.26%), Folate: 51.17µg (12.79%), Vitamin E: 1.83mg (12.23%), Vitamin B3: 2.34mg (11.68%), Copper: 0.23mg (11.3%), Vitamin B2: 0.17mg (10.02%), Iron: 1.62mg (9.01%), Zinc: 1.25mg (8.32%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.17µg (2.88%)