



Baked Goat Cheese and Roasted Winter Squash over Garlicky Fettuccine

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 cups butternut squash cubed peeled (1-inch) ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 pound fettuccine barilla uncooked
- ☐ 2 garlic minced
- ☐ 8 ounce goat cheese
- ☐ 1.5 tablespoons olive oil divided

- ☐ 1 large bell pepper red cut into 1-inch pieces
- ☐ 1 teaspoon salt divided
- ☐ 1 teaspoon frangelico dried fresh chopped

Equipment

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

Directions

- ☐ Preheat oven to 425
- ☐ Place squash and bell pepper in a large bowl.
- ☐ Add 1 tablespoon oil; toss well. Arrange vegetables in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle with 1/2 teaspoon salt, rosemary, and black pepper.
- ☐ Bake at 425 for 40 minutes, stirring once.
- ☐ Place goat cheese in freezer 10 minutes.
- ☐ Cut cheese crosswise into 8 equal rounds.
- ☐ Place breadcrumbs in a shallow bowl. Dredge each round in breadcrumbs; place on a baking sheet.
- ☐ Bake at 425 for 6 minutes.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1/2 cup pasta cooking water. Return pasta to pan; add reserved pasta cooking water, remaining 1 1/2 teaspoons oil, remaining 1/2 teaspoon salt, red pepper, and garlic, tossing to coat.
- ☐ Place 1 1/4 cups pasta in each of 8 shallow bowls; top each serving with about 1/2 cup squash mixture and 1 goat cheese round.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



 **PROTEIN 15.37%**  **FAT 26.02%**  **CARBS 58.61%**

Properties

Glycemic Index:17.25, Glycemic Load:17.29, Inflammation Score:0, Nutrition Score:23.503043470175%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 396.47kcal (19.82%), Fat: 11.66g (17.93%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 54.34g (19.76%), Sugar: 4.92g (5.47%), Cholesterol: 60.67mg (20.22%), Sodium: 462.57mg (20.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (30.99%), Vitamin A: 12150.3IU (243.01%), Selenium: 47.84µg (68.35%), Vitamin C: 48.52mg (58.82%), Manganese: 0.83mg (41.63%), Phosphorus: 261.77mg (26.18%), Copper: 0.48mg (23.81%), Vitamin B6: 0.43mg (21.68%), Vitamin B1: 0.3mg (19.95%), Magnesium: 78.88mg (19.72%), Fiber: 4.76g (19.03%), Vitamin E: 2.51mg (16.7%), Potassium: 576.94mg (16.48%), Folate: 64.9µg (16.22%), Vitamin B3: 3.23mg (16.17%), Iron: 2.81mg (15.62%), Vitamin B2: 0.23mg (13.29%), Calcium: 125.77mg (12.58%), Vitamin B5: 1.24mg (12.38%), Zinc: 1.67mg (11.13%), Vitamin K: 5.16µg (4.91%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.28µg (1.89%)