



Black and Orange Halloween Pasta



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pounds butternut squash peeled seeded cut into 3/4-inch chunks
- ☐ 4 garlic clove thinly sliced
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 1 pound pasta black (squid or cuttlefish ink pasta)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 and orange peppers cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper red hot
- ☐ 1 tablespoon thyme leaves

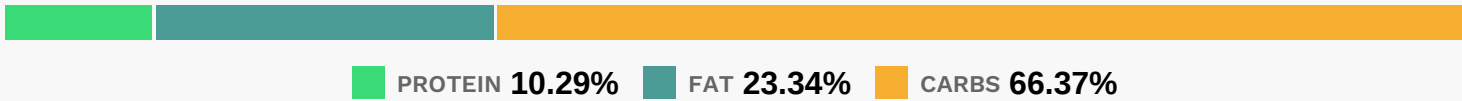
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Toss squash and bell peppers with garlic, thyme, red pepper flakes, oil, and 1/2 teaspoon each of salt and pepper in a 17- by 11-inch 4-sided sheet pan. Roast, stirring once, until vegetables are just tender and browned in spots, 25 to 35 minutes.
- ☐ While vegetables finish roasting, cook linguine in a pasta pot of well-salted boiling water until al dente. Reserve 1/2 cup cooking water, then drain pasta and return to pot.
- ☐ Remove sheet pan from oven and pour reserved water over vegetables, stirring to loosen from pan. Stir in olives, then add vegetable mixture to pasta in pot and toss to combine.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:23.43, Inflammation Score:-10, Nutrition Score:26.503478278284%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 459.32kcal (22.97%), Fat: 12.19g (18.75%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 77.98g (25.99%), Net Carbohydrates: 71.07g (25.84%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 191.03mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.19%), Vitamin A: 17463.49IU (349.27%), Vitamin C: 85.02mg (103.05%), Selenium: 48.99µg (69.99%), Manganese: 1.1mg (54.97%), Vitamin E: 4.68mg (31.18%), Fiber: 6.91g (27.64%), Magnesium: 100.09mg (25.02%), Vitamin B6: 0.49mg (24.57%), Potassium: 807.69mg (23.08%), Phosphorus: 208.34mg (20.83%), Folate: 73.65µg (18.41%), Copper: 0.36mg (18.09%), Vitamin B3: 3.57mg (17.85%),

Vitamin B1: 0.25mg (16.53%), Iron: 2.58mg (14.35%), Vitamin B5: 1.08mg (10.77%), Calcium: 106.06mg (10.61%), Zinc: 1.45mg (9.65%), Vitamin K: 9.47µg (9.02%), Vitamin B2: 0.12mg (7.02%)