



## Butternut Squash and Chicken Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon pepper black divided
- 4 cups butternut squash cubed peeled (1-inch)
- 8 ounces cavatappi pasta uncooked
- 1 cup chicken stock see unsalted divided (such as Swanson)
- 1.5 tablespoons chives fresh chopped
- 0.3 cup parsley fresh divided chopped
- 3 garlic cloves thinly sliced
- 1 teaspoon kosher salt divided
- 0.3 cup mascarpone cheese

- 1 tablespoon olive oil
- 1.5 cups shallots 1-inch-thick ( )
- 7 ounce shiitake mushroom caps sliced
- 12 ounces chicken breasts boneless skinless cut into bite-sized pieces

## Equipment

- frying pan
- oven
- roasting pan
- dutch oven

## Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Heat a Dutch oven over medium-high heat; coat with cooking spray.
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add chicken to pan; saut 4 minutes, turning to brown on all sides.
- Add stock to pan; bring to a boil. Cook 2 minutes.
- Remove from heat; stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, mascarpone, and 2 tablespoons parsley.
- Preheat oven to 45
- Combine squash, shallots, garlic, and sliced shiitake mushrooms.
- Drizzle vegetable mixture with olive oil; toss.
- Transfer squash mixture to a small roasting pan; sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon freshly ground black pepper.
- Bake at 450 for 20 minutes or until vegetables are just tender.
- Add vegetable mixture to pasta mixture; cook 1 minute or until thoroughly heated.
- Sprinkle with chives, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper.

## Nutrition Facts



■ PROTEIN 22.12% ■ FAT 24.26% ■ CARBS 53.62%

## Properties

Glycemic Index:40.5, Glycemic Load:14.42, Inflammation Score:-10, Nutrition Score:27.157391066137%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 396.18kcal (19.81%), Fat: 10.84g (16.67%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 47.87g (17.41%), Sugar: 9.19g (10.21%), Cholesterol: 49.99mg (16.66%), Sodium: 535.29mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.46%), Vitamin A: 10362.11IU (207.24%), Selenium: 46.21µg (66.02%), Vitamin B3: 9.76mg (48.8%), Vitamin B6: 0.97mg (48.52%), Vitamin K: 46.3µg (44.1%), Manganese: 0.87mg (43.39%), Vitamin C: 29.32mg (35.54%), Phosphorus: 309.35mg (30.93%), Potassium: 989.33mg (28.27%), Fiber: 6.01g (24.05%), Magnesium: 89.66mg (22.42%), Vitamin B5: 2.04mg (20.38%), Folate: 65.37µg (16.34%), Copper: 0.33mg (16.32%), Vitamin B1: 0.22mg (14.95%), Iron: 2.53mg (14.03%), Vitamin B2: 0.22mg (13.01%), Vitamin E: 1.89mg (12.6%), Zinc: 1.69mg (11.26%), Calcium: 105.41mg (10.54%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.19µg (1.26%)