



## Butternut Squash and Chorizo Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons olive oil
- 1 teaspoon pepper red
- 1 medium onion sweet chopped
- 2 cloves garlic minced
- 1 inch chorizo sausage cut
- 1 inch butternut squash diced peeled
- 1 teaspoon thyme dried fresh chopped (or equivalent )
- 8 ounces cavatelli pasta cooked ( to al dente) (reserve some of the pasta water)
- 0.3 cup pecorino cheese grated (I used a mixture)

## Equipment

bowl

## Directions

- Heat olive oil and chili flakes.
- Add chorizo and saute until the sausage begins to release it's oils.
- Add onion and garlic and saute until softened (a few minutes).
- Season with s&p.
- Add squash and stir mixture together.
- Add chopped thyme.
- Saute mixture for 5 minutes or so uncovered.
- At this point put your pasta water on to boil.
- Continue to saute your squash mixture covered for 5 minutes.
- Check the squash for firmness.
- You want the squash to be tender but still hold it's shape.
- When the squash is tender transfer to a large serving bowl.
- Add your cooked pasta to the squash.
- Mix everything together with your cheese.
- Add some of the reserved pasta water to loosen the mixture if you want.
- Serve with more grated cheese over top.

## Nutrition Facts



**PROTEIN 12.54%** **FAT 26.82%** **CARBS 60.64%**

## Properties

Glycemic Index:24.75, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:10.422173913043%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

## Taste

Sweetness: 92.84%, Saltiness: 25.46%, Sourness: 48.87%, Bitterness: 48.98%, Savoriness: 100%, Fattiness: 95.03%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 328.55kcal (16.43%), Fat: 9.79g (15.06%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 46.92g (17.06%), Sugar: 5.78g (6.43%), Cholesterol: 6.95mg (2.32%), Sodium: 93.79mg (4.08%), Protein: 10.29g (20.58%), Selenium: 37.48µg (53.55%), Manganese: 0.64mg (31.93%), Phosphorus: 181.51mg (18.15%), Fiber: 2.87g (11.48%), Vitamin B6: 0.22mg (11.24%), Copper: 0.22mg (11.21%), Magnesium: 41.95mg (10.49%), Calcium: 104.55mg (10.45%), Vitamin K: 9.5µg (9.05%), Vitamin E: 1.32mg (8.81%), Iron: 1.47mg (8.18%), Folate: 30.72µg (7.68%), Zinc: 1.12mg (7.49%), Potassium: 250.39mg (7.15%), Vitamin B1: 0.09mg (6.23%), Vitamin B3: 1.17mg (5.84%), Vitamin C: 4.82mg (5.84%), Vitamin A: 255.35IU (5.11%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.07µg (1.17%)