



Butternut Squash and Fried Sage Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds butternut squash peeled seeded cut into 1-inch cubes
- ☐ 2 garlic cloves finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 1 medium onion red thinly sliced
- ☐ 8 sage leaves
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces penne pasta whole-wheat

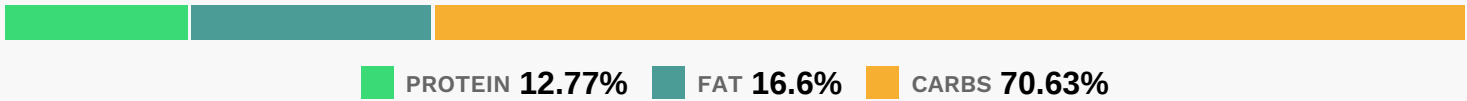
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook penne as directed on package.
- ☐ Heat oil in a large skillet over medium heat. Fry sage, turning once, until crisp on both sides, about 1 minute per side.
- ☐ Transfer to a paper towel.
- ☐ Add onion and garlic to skillet. Cook, stirring frequently, until soft and golden, about 3 minutes.
- ☐ Add squash, 3/4 cup water, salt and pepper. Cover and simmer, stirring occasionally, until squash softens, 5 to 7 minutes.
- ☐ Drain pasta, reserving 1 cup cooking water. Return pasta to pot and add squash mixture; stir over low heat, adding some reserved cooking water if necessary, until pasta is coated, about 1 minute.
- ☐ Serve, garnished with cheese and sage.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:19.755652114749%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 360.54kcal (18.03%), Fat: 6.8g (10.46%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 65.14g (21.71%), Net Carbohydrates: 55.98g (20.36%), Sugar: 7.41g (8.24%), Cholesterol: 4.25mg (1.42%), Sodium: 401.34mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.55%), Vitamin A: 24158.62IU (483.17%), Vitamin C: 50.13mg (60.76%), Fiber: 9.15g (36.62%), Manganese: 0.54mg (27.24%), Vitamin E: 3.79mg (25.28%), Potassium: 852.34mg (24.35%), Copper: 0.43mg (21.42%), Magnesium: 83.35mg (20.84%), Vitamin B6: 0.41mg (20.35%), Calcium: 193.2mg (19.32%), Folate: 66.96µg (16.74%), Vitamin B1: 0.25mg (16.35%), Vitamin B3: 2.78mg (13.91%), Phosphorus: 128.72mg (12.87%), Iron: 1.77mg (9.81%), Vitamin B5: 0.98mg (9.8%), Vitamin K: 5.05µg (4.81%), Vitamin B2: 0.08mg (4.44%), Selenium: 2.9µg (4.14%), Zinc: 0.58mg (3.87%), Vitamin B12: 0.08µg (1.25%)