



Butternut Squash and Parmesan Pasta with Sage

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups butternut squash puree (1 large butternut squash)
- ☐ 2 cloves garlic chopped ()
- ☐ 0.3 cup heavy cream (or Greek yogurt)
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced ()
- ☐ 0.5 cup parmigiano reggiano packed grated () (or pecorino, or gruyere, etc.,)

- ☐ 1 tablespoon sage chopped ()
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound soup noodles whole wheat (I used)

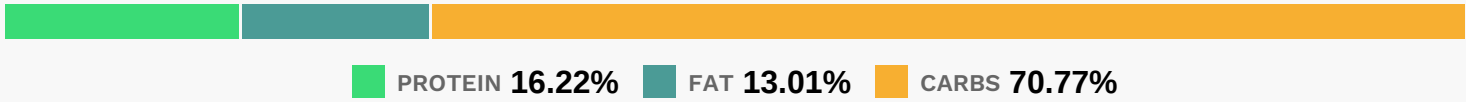
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 inutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the butternut squash puree, cream, cheese, nutmeg, sage, salt and pepper and simmer for 5 minutes. (If it is too thick, add some water or milk. If it is too thin, let it simmer for a while to thicken.)
- ☐ Meanwhile cook the pasta as directed.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:37.363912982785%

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: 560.93kcal (28.05%), Fat: 8.64g (13.29%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 105.66g (35.22%), Net Carbohydrates: 102.24g (37.18%), Sugar: 4.79g (5.32%), Cholesterol: 9.13mg (3.04%), Sodium: 414.72mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin A: 14980.87IU (299.62%), Copper: 5.18mg (259.23%), Manganese: 3.96mg (198.14%), Selenium: 87.88µg (125.55%), Magnesium:

222.43mg (55.61%), Vitamin B1: 0.72mg (48.09%), Phosphorus: 453.47mg (45.35%), Vitamin C: 31.9mg (38.67%), Vitamin B3: 7.6mg (38%), Iron: 5.48mg (30.45%), Calcium: 293.58mg (29.36%), Folate: 109.5µg (27.38%), Vitamin B6: 0.54mg (26.98%), Potassium: 818.58mg (23.39%), Zinc: 3.4mg (22.68%), Vitamin B5: 1.82mg (18.17%), Vitamin E: 2.56mg (17.04%), Vitamin B2: 0.28mg (16.34%), Fiber: 3.42g (13.68%), Vitamin B12: 0.24µg (3.96%), Vitamin K: 3.99µg (3.8%)